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See story on page 24

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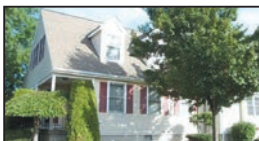
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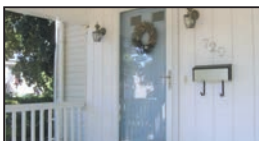
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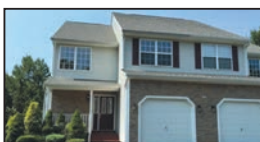
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Wethersfield LIFE

October 2016

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QUOTE OF NOTE:

“The field has really exploded in terms of the breath of information firefighters need to understand.”

See story page 9

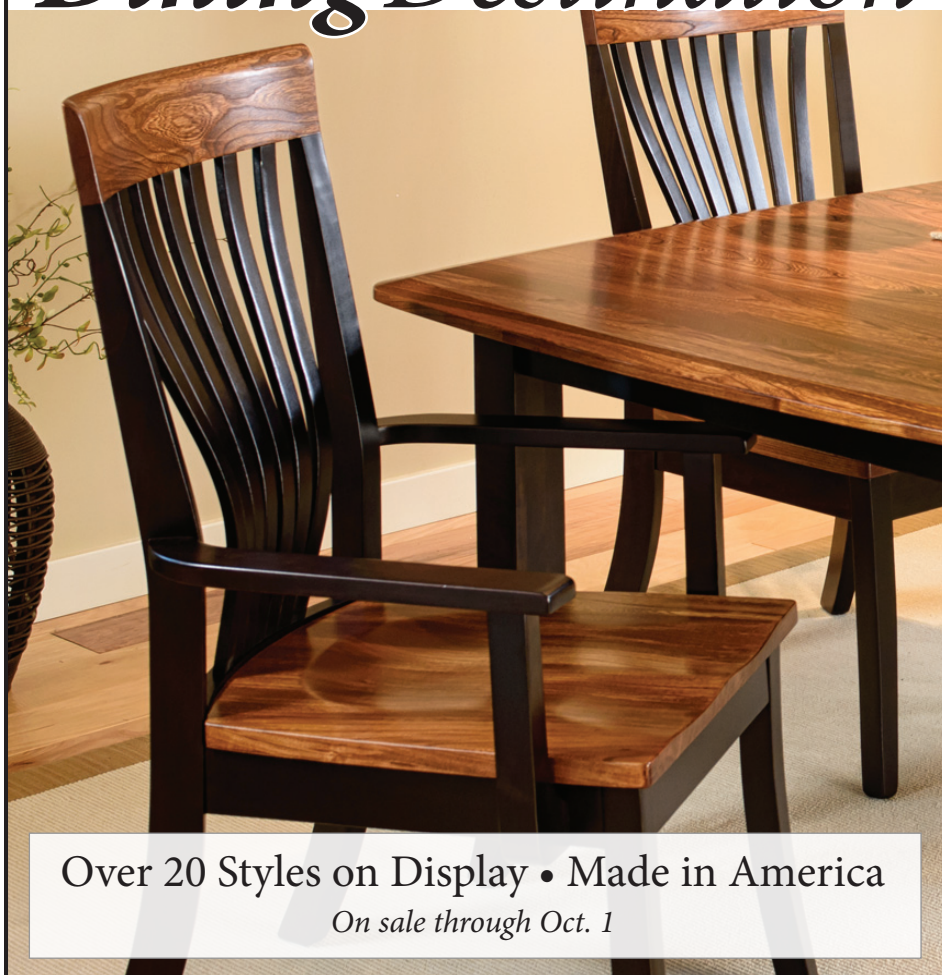
ON THE COVER

First-grade pals Olivia Lallier and Liana Iannucci, both 6, love hanging out on their new playscape.

Photo by Lisa Brisson
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Judith Ivie's 'Swan Song'

Her eighth book is the latest, and the last, in the mystery series

by Mara Dresner
Staff Writer

Kate Lawrence is having her final adventure. The character, featured in a series of mystery novels by Wethersfield's Judith Ivie, had her debut in 2002 in "Waiting for Armando." "Swan Song," the eighth book in the series, was released this year.

Ivie's readers recognize local landmarks in her books, such as Old Wethersfield and the Wadsworth Atheneum. The author, who has also written three nonfiction books, as well as articles and essays, has had numerous jobs, including directing public relations for nonprofit organizations, writing advertising copy for an insurance company, promoting national trade shows for the design and construction industry, and serving as an executive assistant.

A lifelong Connecticut resident except for what she calls her "flower child period" when she lived in California, Ivie said the Kate Lawrence series grew out of one of her day jobs.

"The inspiration came from one of my dreadful jobs at a law firm. The inspiration for that was all of the wonderful women I met there who supported these arrogant, egotistical, cheap bosses. They were wonderful and intelligent and took them with grace because they needed to put their kids through school," she said.

"I thought the world of them. The three women at a Hartford law firm [in the books] are an amalgamation

of the women I met. There's a Southern belle, a Jamaican lady and Kate, who is my protagonist and who is my alter ego," Ivie explained.

She found a publisher because of contacts she had from the nonfiction books that she wrote in the mid-1980s. She had taken a break from book writing that lasted about 15 years. Ivie then took a six-month sabbatical to write the first title, which was published in 2006.

"I'm not smart enough to make everything up, so I had to set it in Wethersfield," she said.

She then found another job as she continued to write the novels.

"I was always writing another. I wrote three in quick succession," she said.

The books are available in an e-book format, as trade paperbacks and as downloadable audio books. In addition to being available on sites such as Amazon, they may be found locally at Heart of the Country in Old Wethersfield and at the Barnes & Noble stores in Glastonbury and Farmington.

Our Companions Domestic Animal Sanctuary benefits from every book sale. Changes in the publishing industry contributed to her desire to wrap up the series.

"It's not much fun out here anymore. The proliferation of self-publishing programs just resulted in a glut [of books]. There are 800 to 1,000 getting into print every day. Anyone with a checkbook can get published," Ivie said.

She added that some

authors are lying about awards, hiring people to post positive reviews and posting negative reviews about other authors.

"It's not nice out here anymore and I've decided I don't want to do [this]. Which isn't to say I haven't had a good ride and want to appreciate the people who support my series, but it's time to move on," she said.

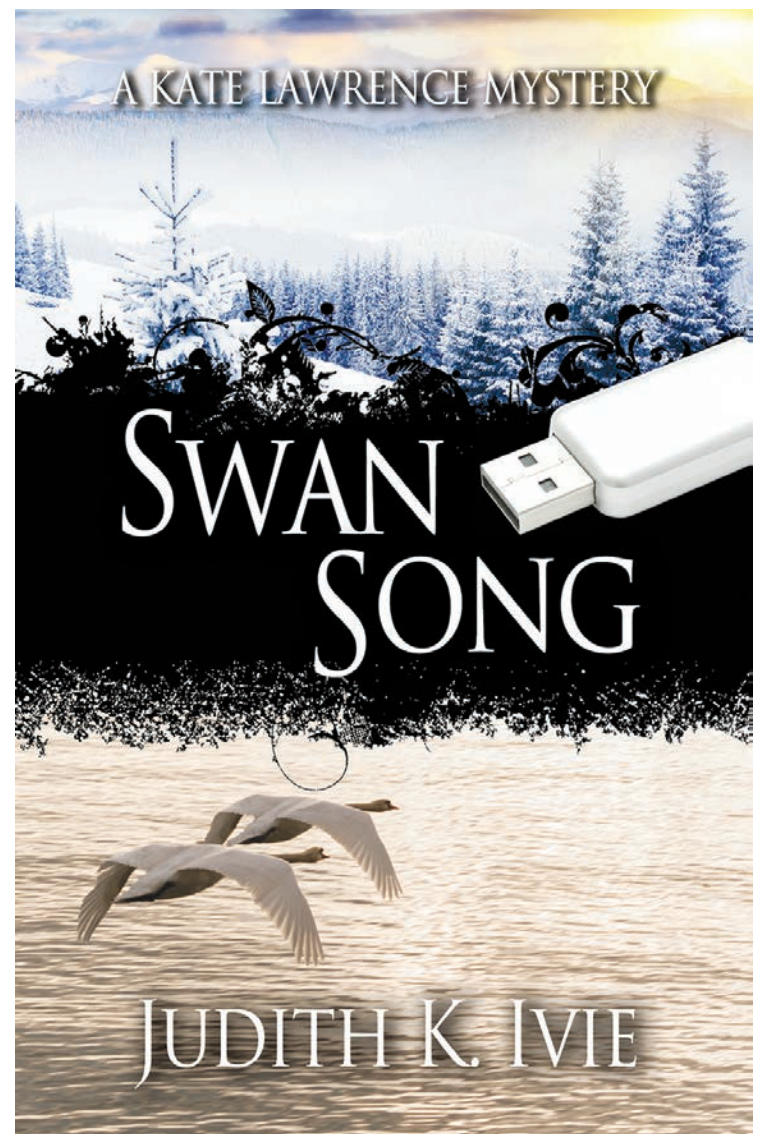
"I just feel as if all the doors are open to me now. I turned 70 a few weeks ago. That's been a real milestone for me. It seems surreal. I've become very aware that the future is getting a lot shorter."

Ivie isn't sure what her next steps are, but they might include learning to quilt or how to construct crossword puzzles, as well as learning more about classical music.

"There are so many things that are fun to do. I think it's time to begin exploring them," she said.

Ivie is also shutting down her publishing company, Mainly Murder Press. She said the idea for that company came around 2008 while she was giving a talk with the historical society.

"I'm rambling on about how new technology enabled small publishing companies to come into play. You needed marketing skills, you needed word processing skills and you needed editing skills. I'm thinking as I'm going on about all this stuff, I can do this, so why don't I? I got the rights back for the first three mysteries and launched Mainly Murder Press in 2009," she said.



The company has published more than 50 books, including those by Judith Campbell, a Unitarian Universalist minister, mystery writer, poet and retired professor of art who lives in Plymouth, Mass.

Ivie began publishing her work in 2010.

"She is honest, intelligent, forthright, funny and sympathetic, and we are both cat ladies. She is very supportive of her authors and I am crazy loyal back. She knows her business and she wants to see her authors do well. And she works to make that happen. In turn, I do all I can to support her," Campbell said.

Although Campbell has been a published author since 1971, when she began writing mysteries, she was an unknown in the fiction market.

"It was during the serious recession of 2009-2010

and no one was taking a chance on a new mystery writer. She saw something in my work, and took that chance. I'll be forever grateful. Plus, over the years we became both friends and colleagues. How good is that?" Campbell said.

"I admire her vision. She sees the big picture. You can disagree with Judith and she listens to both sides. She shares my love of animals and animal welfare."

Campbell, who is a fan of Ivie's work, said they have a special connection.

"There is a huge difference between working with a giant, impersonal publishing company and with a smaller, independent publishing company that sees you as a person, and where the author has input, and there is give and take on things like the cover design and what gets put on the back," she said.

"This is the joy of an indie press over a big house. It has been and continues to be a learning and growth experience. As a writer, I'm able to say this is my book, and I want it to look like my book," she added.

Ivie is going to miss her characters. "I know these ladies like they're

Courtesy photos



Judith Ivie

my sisters. I wanted to leave them in a good place [and] I think I've done that. They've aged in the series; they're all in their 50s now. One

character is in her 70s. I've tried to portray her as a vigorously involved, savvy lady. So everyone's in a good spot. It was time for the swan song," she said.

"I remember hearing years ago from other people who wrote fiction that the characters seemed to have lives of their own. These ladies became people after a few chapters.

"There are so many things that are fun to do. I think it's time to begin exploring them."

—Judith Ivie

If I was struggling, say with what would Strutter do or what would Kate do, she would tell [me].

"That was very surprising to me when that would come true. You have to have a pretty good imagination to have characters in mind that have personalities and opinions."

She's also using the book to educate her readers.

"The subtext of this book is wild birds, which has been a passion of mine. It started when I was feeding birds at the Spring Street Pond. I started feeding them during the worst of the winter," she said.

"What I discovered is that people think they're doing the birds a favor by feeding them stale doughnuts and bread. What they're doing

is making them sick and contributing to avian botulism. Don't do that. Feed them cracked corn. Or don't feed them at all," she added.

"They're wild things. You don't want to make pets of them. I figure if I have a platform, at least I can use it."

Despite her success, Ivie hasn't let it go to her head.

"I'm not J.K. Rowling. I try not to take myself too seriously. I'm a Wethersfield matron who writes a decent story," she said.

She knows she will miss interacting with readers, book sellers and other writers, while being happy to let go of the negativity she's found.

"I will not miss any of the snarky, obnoxious, sleazy behavior that has become unfortunately so prevalent due to over-glutting of the marketplace. It's like too many rats in a cage. I can't put it any other way; it's jostling for resources," she said.

"I won't miss the commercialization. I won't miss the sleaze. I walk away from that smiling."

Ivie is a fan of many authors including Julia Glass, Louise Penny, Jonathan Tropper, Matthew Norman, Elin Hilderbrand and Jennifer Weiner.

"I read every day. There are so many authors I enjoy," she said. "I usually read in the morning, propped up in bed with the coffee on my knees before I can face the laptop and the rigors thereof." **WL**

Learn more at judithivie.com.

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Action Audio

Opens in renovated shopping plaza

by Mark Jahne
Editor

Action Audio, offering all things audio for a car, truck or van, is the latest business to open in town. Town officials and representatives of the Wethersfield Chamber of Commerce officially welcomed the retail store with a ribbon cutting.

The shop also sells remote starters, alarms, power door locks, satellite radio systems and other electronics. Action Audio is located at 105 Silas Deane Highway at the intersection of Jordan Lane in a plaza that was renovated a few years ago.

Kenston Harry owns the business. He moved it to town

from the Berlin Turnpike in Newington, where it has operated since 1983.

"We wanted more space, we wanted to build out our own setup," he said.

The new location has more open area inside the store and more room in back to work on cars, he added.

One of the more unique items for sale is a breath analyzer, ignition interlock devices that are sometimes required by the courts following a drunken driving conviction.

The device is installed in a motor vehicle and the driver must breathe into it. If it detects alcohol on the person's breath above a certain allowable limit, the engine will not start. **WL**



Photo by Mark Jahne

Town Councilor Tony Martino and business owner Kenton Harry cut the ribbon to open the new Action Audio store at 105 Silas Deane Highway.

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Courtesy photo

Mayor Paul Montinieri

Working together

Mayors share ideas and seek solutions at monthly meetings

by Mark Jahne
Editor

Talk of large regional initiatives sometimes leaves people feeling unsettled. This is New England, after all, where every city and town is an entity unto itself and local control is highly valued.

But that doesn't mean regional initiatives of more modest means need to be excluded, especially when they can result in more

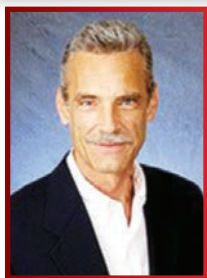
efficient government and saving taxpayers money. That's why six area mayors have been meeting once a month to share thoughts and ideas.

"Back in early spring, Paul Montinieri in Wethersfield reached out to the surrounding towns," said Cromwell Mayor Enzo Faienza.

The proposal was to meet each month to discuss matters of common interest. Faienza signed on,



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as did mayors Claudia Baio of Rocky Hill and Roy Zartarian of Newington. Luke Bronin of Hartford and Mark Kaczynski of Berlin also chose to participate.

Politics didn't come into the equation. Baio, Bronin and Montinieri are Democrats. Faienza, Kaczynski and Zartarian are Republicans. All share a common interest in better serving their constituents and see a benefit in getting to know one another.

"The idea is to communicate and pass information along. ... How can we help each other out?" Faienza said.

"So far, it's gone very well. We're concentrating on things we know we can successfully do together. We're all trying to do what's best for our towns."

He described a previous initiative in which Cromwell and Portland shared a grant that allowed them to acquire a seal cracking machine for road repair, a camera system to inspect sewers, and a bulldozer.

"We're calling it a regional mayors' discussion and roundtable. We've had fairly lengthy conversations ... open dialogues," Montinieri said.

The group has met four times thus far. State legislators often join them and one time each mayor brought along his or her town manager. U.S. Rep. John Larson has also dropped in.

Montinieri said the idea is to look for synergy and savings and ways to help one another. That's particularly true as they watch the financial challenges of Hartford and listen to what Bronin is trying to do to keep the capital city's financial ship from hitting the rocks.

"Luke is on a parallel effort with CCM [Connecticut Conference of Municipalities]," Montinieri said. "The mayors in this group feel

believes that what happens in Hartford directly affects the suburbs.

In the meantime, the suburban towns are seeking ways to cooperate with one another. He said they also know that what each town does is not occurring in a vacuum.

"We're talking about paving projects," he said.

They're also looking at ways to save money by going in together on purchasing fire apparatus and police cars.

"I'm encouraged by the cooperative spirit. It's a very worthwhile initiative."

—Mayor Paul Montinieri

strongly that we should have Hartford in this dialogue."

The city has long been plagued with budget woes and a ranking among the most impoverished urban centers in the nation. It also suffers from the fact that so much of its property is either tax exempt or only pays only a modest portion of assessed tax value under the state's PILOT (Payment in Lieu of Taxes) program.

There is the chance the city could face bankruptcy but Montinieri is confident the legislature will not allow that to happen. He firmly

"There's been a real, honest awareness that this hasn't happened in the past. I'm encouraged by the cooperative spirit. It's a very worthwhile initiative," Montinieri said.

"It's always good to talk with other mayors about ways we can work together to our mutual benefit," Zartarian said. "We're facing the same challenges, though not to the same extent as Hartford."

All of them struggle with the dependency upon the property tax to raise needed revenue. They also struggle to cope with declining state financial aid.

He doesn't want to see a regional entity created that would cost each municipality its local autonomy, but that is neither the plan nor the focus of this group.

He added that some areas of cooperation already exist. Examples the mayor cited are police accident reconstruction and major crime squads, fire department mutual aid pacts, and the combined ownership of a cherry picker truck by Newington and Wethersfield.

Baio contends that the increased communication alone makes the monthly meetings worthwhile. All of the mayors are dealing with tight budgets and looking for "low-hanging fruit" as ways to build a habit of working together.

"We're looking more at areas where we can work collaboratively with each other to streamline services and trim expenses. It's not partisan at all. We have a great group. Party affiliation never comes up," Baio said.

She acknowledged that having Hartford at the table creates a different dynamic but feels it important to make sure Bronin is part of the discussions.

"If the capital city fails, it has a ripple effect" on the suburbs, she said. **WL**

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by Mark Jahne
Editor

Jeffrey Morrisette is a volunteer firefighter at Company 3 on Ridge Road. He also serves as the state fire administrator with the state Commission on Fire Prevention and Control.

Photo by Mark Jahne

Jeffrey Morrisette well knows the terrible damage fire can do, the harm it can cause to people and property. He has spent his entire adult life fighting to prevent fires or to extinguish them quickly when they occur. The Wethersfield Chamber of Commerce honored him earlier this year with a Public Safety Award. He is employed as the state fire administrator under the Commission on Fire Prevention and Control, part of the state Department of Emergency Services and Public Protection.



Mike Hurley

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About Mike

- Lifelong resident of Wethersfield
- Currently a member of the Wethersfield Town Council & over the last 7 years has helped balance Wethersfield's town budgets
- Former Auditor – Office of the Auditors of Public Accounts
- Former Corrections Officer, Hartford Correctional Center
- Employed in the Finance Department at TheTravelers
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Mike Hurley
For State Representative

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Paid for by Hurley for Wethersfield, Charles T. Carey, Treasurer. Approved by Mike Hurley.

“The field has really exploded in terms of the breath of information firefighters need to understand.”

—Jeffrey Morrisette

Morrisette has held the title of state fire administrator since 1992. The administrator is appointed by the 14-member commission.

“I’d like to think we’re one of the best bargains in the state,” he said. “We do consulting, public fire and life safety education, juvenile fire setter intervention. The biggest focus is the fire academy.”

Despite a small staff, they also train local fire departments and work closely with Homeland Security personnel on emergency rescue and response. His office oversees the operations of eight special foam-equipped fire trucks that are pre-positioned to respond to an emergency anywhere in Connecticut.

When there is a major emergency, such as a blizzard or hurricane or week-long power outage, Morrisette can be found at the state Emergency

Operations Center in the armory next to the State Capitol. He assists in pre-staging assets to areas that are expected to be hit the hardest.

“I’m rarely home when things are going on,” he said.

The Commission on Fire Prevention and Control oversees the Connecticut Fire [Training] Academy at Bradley International Airport and that is where his office is located. He’s also a volunteer firefighter in town and responds to as many calls for service as work and time allow.

Morrisette, 54, was a charter member of the former WVFD Explorer Post while still in high school and, as soon as he was old enough to apply, became a certified firefighter assigned to Co. 3 on Ridge Road. That was 37 years ago.

“I grew up just down the hill here on Ridgecrest Circle,” he said.

He remembers as a boy hearing the air horn atop the station sound off signaling an emergency. Morrisette enjoyed playing sports while growing up and he likens fire fighting to a team sport.

Over those 37 years he has responded to more than 3,170 calls for help from the community. He is credited, along with other firefighters, for saving at least two lives during working fires.

He rose to the ranks of first lieu-

tenant and acting captain before being named deputy fire marshal in 2002, a position he still holds.

Fire Chief Rich Bailey said Morrisette’s work has had a vast impact on the safety of both the general public and firefighters. He has accomplished the latter by helping to establish national training standards and was among the people who wrote the books on firefighter training and fire department safety officer qualifications and training.

Morrisette is the recipient of the 2002 CSFA Lifesaving Award, was named an American Red Cross Hero of Greater Hartford in 2002 and earned the Richard Sylvia Instructor of the Year Award in 2007 from the Connecticut Fire Department Instructors Association.

Earlier this year, he was enrolled in the Connecticut State Firefighter’s Hall of Fame. He is chairman of the Fire Department Safety Officer Committee.

He is also a member of several professional associations: Connecticut State Emergency Response Commission, Connecticut State 911 Commission, Connecticut Department of Emergency Management and Homeland Security, FM Global Fire Prevention Grant Committee, NFPA Fire Service Training Committee and International Fire Service Training

Association Executive Board.

He attended Oklahoma State University, as did several other Wethersfield residents who went on to careers in the fire service. His IFSTA work involves a great deal of travel.

“You have fire codes for a reason,” he said. “The field has really exploded in terms of the breath of information firefighters need to understand.”

Volunteer firefighters are expected to respond to a minimum of 30 percent of all the calls for service received in a calendar year to remain in good standing with the department.

“I pretty much qualify every year,” he said. “As you get older, you know your limitations.”

Times have changed over the nearly four decades he has served this community.

“Today’s volunteer fire service is a second career,” Morrisette said. “I’ve been able to blend a vocation and an avocation.”

Volunteers train to the same exacting standards as professional, or career, firefighters. Every member of the Wethersfield department knows that it is a significant commitment that can, and often does, interrupt sleep, family life, holidays and more.

Morrisette particularly enjoys the brotherhood and sense of family that firefighters share. **WL**

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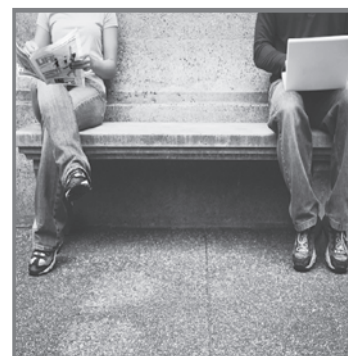
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Berlin Officer Ryan Gould, a member of the mid-state squad, sets up a portable light array at a DUI checkpoint in Rocky Hill.

Photo by Mark Janne

Solving the case

Pooling resources helps five towns deal with serious car crashes

by Mark Janne
Editor

It's difficult for small or mid-sized police departments to establish specialty units for various parts of their work. That requires time, money and manpower.

But combining forces enables them to greatly expand their capabilities and that's just what Berlin, Cromwell, Newington, Rocky Hill and Wethersfield have done by creating a joint highly trained unit to investigate and reconstruct the most serious motor vehicle crashes.

The Mid-State Accident Reconstruction Squad consists of 12 officers from those five towns. They are on call day or night to respond when a crash results in a serious injury or fatality. Members successfully completed at least 120 hours of intensive training on this topic.

The squad is commanded by Lt. Robert Catania of Rocky Hill and Sgt. John Zematis of Newington. Its work is overseen by Newington Police Chief Stephen Clark.

He considers the unit a benefit

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to all of the participating towns. Clark cited the advantage of officers working together at crash scenes, dividing up the work and sharing their collective expertise.

"You want that interoperability with adjoining departments," he said. "The more you do it, the more experience you're going to get. As a group, they work very well together."

Clark added that the thorough nature of the unit's work and the skill level of its members is also helpful when officers are summoned to testify in court cases related to those crashes.

Wethersfield Chief James Cetran is a strong supporter of the unit. Two of his officers are members of the squad.

"This was part of a regionalization effort," Zematis added.

Not only did it provide a pool of highly trained personnel, but by going regional, the unit was able to acquire grant funding for its training. He said each town saves money and gets better service as a result.

That also drew the attention of specialized accident reconstruction schools around the country. Connecticut officers used to have to travel to Florida to access the closest training classes. Now those programs come here.

"By May of 2009, our first reconstructionists were trained," Catania said. "Rocky Hill and Newington have a huge commitment in the unit. Cromwell,

"We have advanced photography equipment. We've been using a lot more video."

-Rocky Hill Lt. Robert Catania

"It's a huge value. No one department can do the training and have the equipment by itself. It's too much," he said.

"It's a win-win all around. It benefits all of us. They get very proficient at what they're doing because they get so much practice," he added.

"It's a great benefit for each of the towns. We're working as a team, coordinating, training together," Cromwell Police Chief Denise Lamontagne said.

"They all know their jobs and responsibilities. It alleviates a lot of questions," Lamontagne added. "We've had to use the mid-state reconstruction team twice in the last couple of months, as well as the major crime squad."

She said the cooperation between departments has almost become second nature. Being able to call upon the team also means that other local police assets remain free to handle other calls for service.

"In March of 2009, [retired] Chief Richard Mulhall of Newington began working on an idea in the capital region to form mid-state and metro teams" of specialized police officers, Catania said.

for a small town, has a very good commitment to the team."

They use a variety of equipment including surveying tools and computerized devices. Members of the team have special uniforms and protective winter gear.

They also have access to a command vehicle that carries additional equipment and can be used as on onsite testing facility for drivers who may be intoxicated or under the influence of drugs.

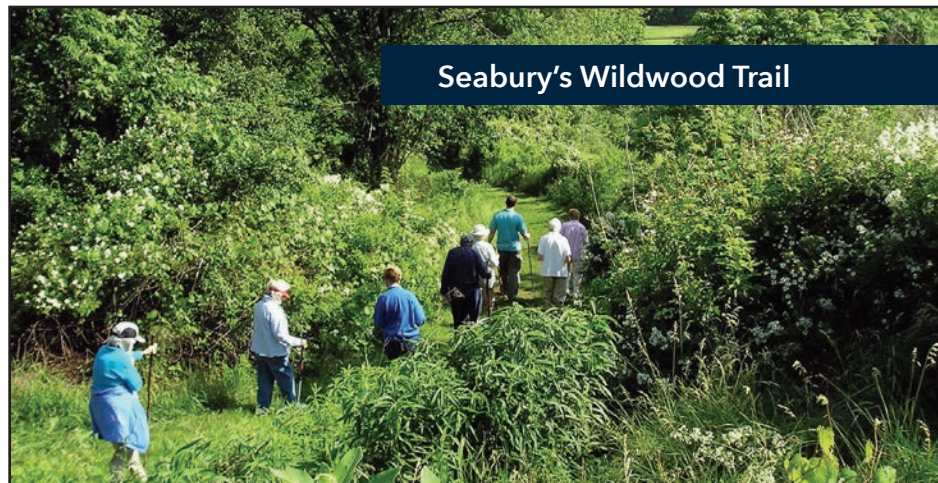
"As technology continues to advance, it becomes essential to reconstruct these accidents. By the time we get involved, it's more of an investigative scene," Zematis said.

"Accident investigation is a completely different animal than most of the stuff we do in daily police work. Everything we do is methodical. There is a sequence to it."

Catania said some of the early cases took as long as a year to resolve. Now most investigations are completed in a couple of months.

"We roll out so often now, we have to get them done," he said. "We have advanced photography equipment. We've been using a lot more video."

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Wethersfield Officer Kevin Foster interacts with a motorist during a DUI checkpoint held Sept. 8 in Rocky Hill. Officers from four towns participated in this targeted safety effort.

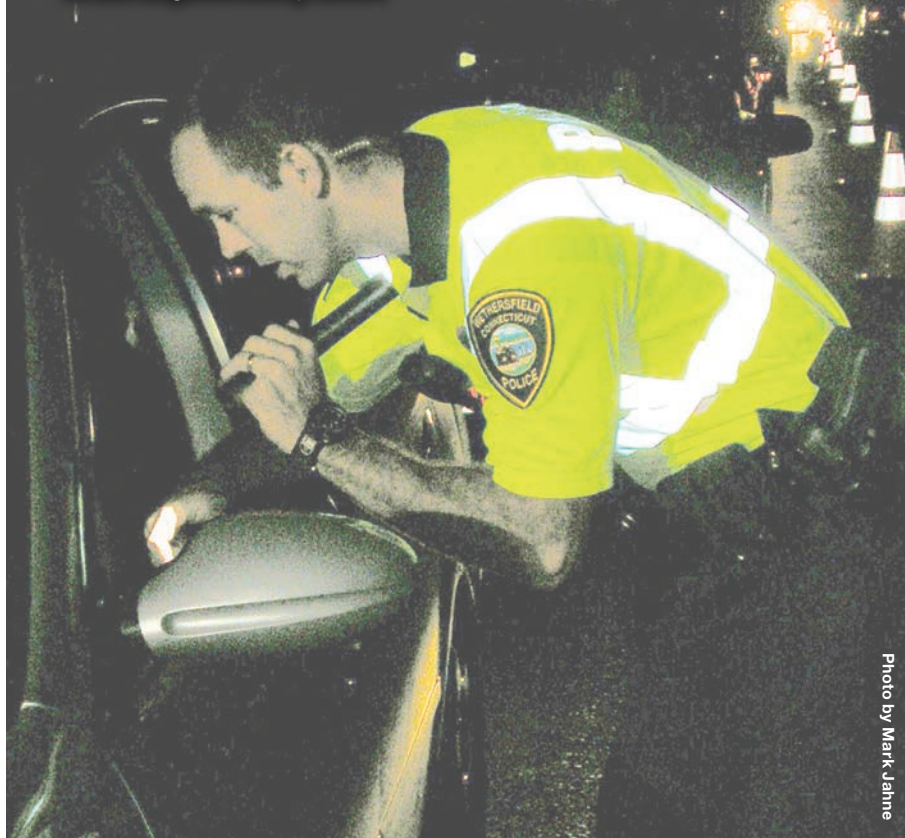


Photo by Mark Jahne

He estimated that the unit is called upon at least twice a month. Sometimes its members are on regular duty and they can respond to the crash site immediately. Otherwise patrol supervisors in each town are entrusted with knowing when to call the unit and its expertise to the scene.

"Any time of the day or night, they call me and tell me what they have. I try to get there first to assess what we need and call out the guys. John and I split the supervisory responsibilities," Catania said.

"The cooperation is excellent. We have never had an issue rolling into another town," he added.

He alerts squad members by text message and they respond to the location as soon as possible. In the meantime, on-duty patrol officers are handling traffic control and dealing with any injured people.

"Seventy percent of our accidents are between Friday and Sunday and they're mostly after midnight," Zematis said.

"Everything we go to is horrendous," Catania added.

"The biggest advantage has been in the use of CDR systems," Zematis said. "It allows us to validate some of the numbers we get through the reconstruction."

CDR stands for crash data recorder. Every car built in America since 2012, and many imported from overseas, has such a device, similar to the black boxes on airplanes. CDRs record a wealth of data that can help police determine how a crash occurred and who was responsible.

The bottom line is that their findings cannot be wrong or incomplete. They need to hold up if challenged in court.

"This is probably the most rewarding thing you can do, to find closure for families involved in these cases," Catania said.

Some of the officers spoke about why they joined the team.

"Especially being in patrol, it lets you get involved in higher investigations," Newington Officer Matthew D'Esposito said. "It's kind of interesting how we can rebuild something. We might not get to the scene until an hour after the accident occurred."



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Motor vehicle crashes are also a rare area in which police testimony and expertise can become an important ingredient of a civil trial in which one party is seeking financial compensation from the other. In their normal capacity, officers usually become involved in criminal cases, not civil matters.

D'Esposito enjoys doing this kind of deeper case work. He added that the unit trains with similar teams in Bristol and East Hartford.

Rocky Hill Officer Jeffrey Foss-Rugan's father was killed by a drunken driver, so he brings that perspective to his work. Whether the cause of a crash was drinking or something else, he understands the importance

to families of knowing what happened and why.

"I've been on the other side as a family member. It's nice to give closure to the families," he said. "You forge a relationship with some of the victim's families."

They also have developed solid teamwork with the fire departments in each town. That's important because firefighters are also called to crash scenes and sometimes need to cut victims out of crushed vehicles.

"We've forged a good relationship with our fire departments," Foss-Rugan said.

"I was in patrol when the unit was first formed," Rocky Hill Det. Peter Vantaros said. "It lets you do



Rocky Hill Lt. Robert Catania and Newington Sgt. John Zematis are the commanders of the five-town Mid-State Accident Reconstruction Squad.

Photo by Mark Jahne



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a full investigation, from beginning to end.”

He enjoys the team aspect and how working with officers from other towns builds relationships.

“It fascinated me how much you can put the vehicle back together,” Officer Ryan Gould of Berlin said.

He also likes the evidence aspect of the work. Gould has been a police officer for 15 years, but only recently joined the team. He has enjoyed attending the training programs and learning the technical skills needed for this squad.

The most important thing for this investigative team, as he sees it, is to determine the cause of the crash. The answer may not always be obvious.

“We’ve worked a lot of pedestrian crashes and sometimes the driver did nothing wrong,” Gould said. “There’s far more scrutiny than anything else we do in law enforcement.”

Foss-Rugan said it is easy to charge a driver who clearly made a poor or reckless decision. But charging someone who may have

only displayed a slight lack of judgment is more difficult.

The Mid-State Accident Reconstruction Squad has proved so successful that the same five towns formed a major crime unit to investigate serious crimes other than homicides; the State Police has a specially trained unit to handle those crimes. Once again, pooling specially trained resources improves productivity and saves money.

“I can’t speak more highly of the regional teams,” Cetran, the Wethersfield chief, said. “We can now apply what we learned from the mid-state traffic squad to other areas.”

He would like to see a third such team formed, this one trained to cope with incidents of mass civil disobedience.

Catania is particularly proud of the fact that no one has ever asked to leave the accident reconstruction unit. Those who moved on only did so because they were promoted to higher ranks in their departments.

“This is a huge commitment. They have to want to be here,” he said. **WL**



The Mid-State Accident Reconstruction Squad also participates in proactive events such as this drunken driver checkpoint held Sept. 8 in Rocky Hill. Officer Jeffrey Foss-Rugan, a member of the squad, gives a field sobriety test to a motorist who was stopped for erratic driving. The problem was determined to be medical in nature and was not arrested.

Photo by Mark Jahne

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People notes



Courtesy photo

Gabriella Tomaino, 10, won a contest with WFAN Sports radio in New York City and was named its Yankees junior broadcaster of the year. She and her family were invited to attend the Sept. 10 New York Yankees game versus Tampa Bay and she sat in for an inning with announcers John Sterling and Suzyn Waldman. Gabriella is a sixth-grader at Highcrest School.

Dana Lynn Queno, formerly of Wethersfield, earned a B.S. degree from the University of Rhode Island.

Catherine Preysner graduated with high honors from Lehigh University with a bachelor of arts degree in mathematics.

Daniele Tylki earned a bachelor of science degree in kinesiology from the University of Rhode Island.

Andrew Morin earned a bachelor of arts degree in marine affairs, French and political science from the University of Rhode Island.

Fiona O'Hagan earned a B.A. degree in fashion design and production from Lasell College.

Amy Silvestri graduated cum laude with a bachelor of science degree in nursing from Our Lady of the Elms College. She was co-president of the Student Nurses Association and received the Nursing Faculty Achievement Award.

Catherine Preysner earned a

bachelor of arts degree in mathematics from Lehigh University.

James Lamberti earned a master of science degree in computer engineering from Lehigh University.

The following residents graduated from Tunxis Community College: **Dana Baio**, A.S. degree, dental hygiene; **Amria Fariduddin**, certificate, dental assisting; **Megan Grigely**, A.S. degree, dental hygiene and **Audrey Hilchuk**, A.S. degree, dental hygiene.

The following residents graduated from Emmanuel College: **Catherine Davis**, cum laude, bachelor of arts, liberal studies and elementary education; **Alexandra Schroll**, magna cum laude, bachelor of arts, liberal studies and elementary education; **Alison Gilbert**, bachelor of science in biology with a concentration in health sciences and **Patrick Vittner**, magna cum laude, bachelor of arts in psychology with a concentration in counseling and health.

Kyle Knowles graduated from Western New England University with a master of business administration degree.

Gabrielle Logo earned a bachelor of arts degree in film and television studies from the University of Vermont.

Matthew Surawski earned a BS/MS degree in computer science from the B. Thomas Golisano

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John Dudley

College of Computing and Information Sciences at the Rochester Institute of Technology.

John Dudley was inducted into the Spanish Honor Society at Northwest Catholic High School.

Alex Kolaczenco graduated from Porter Chester Institute and passed the D2 HVAC exam to become a licensed journeyman.

Justin Silvestri earned an associate in science degree with a major in accounting and business administration from Manchester Community College.

Alyssa Santos was inducted into Sigma Delta Pi, the international honor society for Spanish,

at Eastern Connecticut State University.

Patrick Adams is the recipient of the Louis D. Taurig Scholarship from the Department of Economics at the University of Connecticut.

Joshua DellaFera presented his research project, "Sayyid Qutb's Definition of Jihad as Liberation and its Relationship to Modern Terrorism," at Assumption College's 22nd Annual Undergraduate Symposium.

Jason Renaud was named to the dean's list at Belmont University.

Nicole Salisbury was inducted into Phi Alpha, the national social work honor society, at Eastern Connecticut State University.

Kassandrah Banks, Jessica Cebelius, Rachel DiNatalie, Ruth Eragene, Andrew Falce, Kellie Fields, Alexa Giolito, Justin Jensen, Kelsey Kendrick, Jordan Manningham, Kelly Pietropaoli, Jamie Piscitello, Nicole Salisbury, Alyssa Santos, Gregory Schroeder, Nicole Silva, Kelsey Sullivan, Max Walter and Joseph Zocco were named to the dean's list at Eastern Connecticut State University.

Lilly Moreau, 13, and Gabriela Rizzo-Velez, 18, hit the course with some of golf's elite players at the Travelers Championship in Cromwell.

They were selected to participate in the Eversource PGA Tour Player Experience for Junior Golfers at TPC River Highlands.

Aaron Ky and **Kayla Condon** of Silas Deane Middle School were among 252 scholar leaders from 126 middle schools across the state honored at the Connecticut Association of Schools Middle Level Scholar Leader Banquet.

Lee Nichols was named to the dean's list at Bob Jones University.

Kyle MacRae was named to the president's list at Bentley University.

Faith Burnett was named to the president's list at Husson University.

Caitlin Gray was named to the dean's list at Emmanuel College.

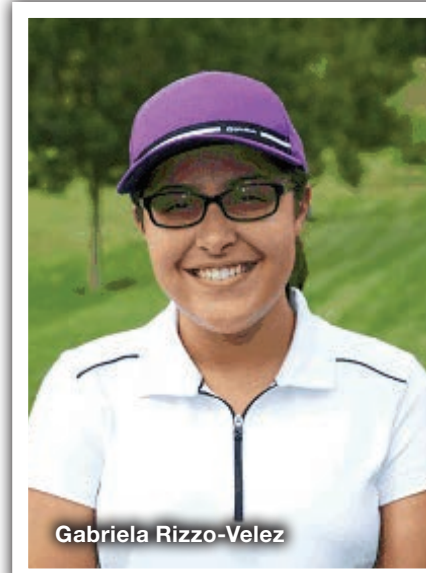
Kelly McDonald was named to the dean's list at Providence College.

Patrick Adams, Nicholas Aguilar, Nayab Akhtar, Stephen Ballard, Gregory Brodeur, Jennifer Elmasllari, Amela Feizic, Laura Gionfriddo, Azem Handzic, Kevin Hickey, Emma Huntington, Christopher Jablonka, Victoria Krasnoshek, Khrystyna Kukhtyn, Philip Ky, Hoang Lam, Sara Luiz, Jared MacFarlane, Samantha Martin, Reja Massaro, Irena Mikhalyuk, Greidy Montalvo-Fulcar, Hannah Nguyen, Patrick Orvis, Ashely Perez, Alexis Pytel,



Lilly Moreau

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Gabriela Rizzo-Velez

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Madeline Paine

Nicolas Pytel, Michael Rago, Eldina Salihovic, Scott Seigle, Liliana Silva, Manuel Silva, Kristen Southwick, Helen Stec, Brendan Stewart, Mario Suljoti, Ju-Wei Sze, Ashley Trinh, Gauri Verma, Zachary Weinberg, George Williams, Andrew Yanaros, Steven Yatrous and Gloria Zhu were named to the dean's list at the University of Connecticut.

Madeline Paine was crowned 2016 National American Miss Southern New England Jr. Pre Teen Cover Girl. She advances to the national pageant in Anaheim, Calif., in November.

John Lynch Jr. was one of three employees of the Hartford-based Robinson + Cole law firm to receive the firm's Mentor of the Year Award.

Richard Bielak Jr. was named to the dean's list at the College of the Holy Cross. A member of the men's swimming and diving team, he was also named to the Patriot League academic honor roll.

Deniz Camli-Saunders earned



John Lynch Jr.

high honors at the University High School of Science and Engineering. **Helen Net, Raegan Light** and **Ryan Martinez** earned honors.

Stephanie Bordeaux, Madelyne Colon, Sarah Cusano, Karen Orefice, Alexandra Pace, Debbie Plourde and **Christina Sorano** were named to the president's list at Goodwin College.

Rachel Lombardi was named to the dean's list at Roger Williams University.

Mirnesa Abidovic, Alvi Aliaj, Tariq Alotaibi, Sultan Alsulami, Matthew Barry, Michael Barry, Stephanie Beers, Angela Bell, Gianna Bielenda, Bianca Bobadilla, Stephanie Boccuzzi, Christina Dolgoruck, Meaghan Frey, Michael Gomez-Hixson, Leaja Johnson, Daniella Minichino, Ethan Morris, Erjana Radomi, Benjamin Scanlan, Alexander Tremblay, Alexandra Saharek and **Olivia Fenton** were named to the dean's list at the University of Hartford.

Gina Lanzano, Katelyn Rutty

Courtesy photos

and **Daniel Murray** were named to the president's list at Western New England University.

Dana Baio, Megan Grigely and **Audrey Hilchuk** were named to the dean's list at Tunxis Community College.

Hasija Becarevic, Stephanie Bordeaux, Madelyne Colon, Sarah Cusano, Anne Fern, Marta Godlewska, David Huffman, Maureen Moore, Karen Orefice, Alexandra Pace, Chrissy Pikos, Debbie Plourde, Luz Quagliaroli, Daria Repoli, Lissette Rivera, Taylor Ryan, Samantha Taylor, Janet Tedone, Grayson Yacovone, Jonathan Gwara and **Christina Sorano** were named to the dean's list at Goodwin College.

Judith Peterson, a server at Red Lobster on the Silas Deane Highway for 17 years, received the Team Member of the Year award. She is one of eight employees selected for the honor from the more than 58,000 who work for Red Lobster throughout North America.

Connor Jones, Carly Nixon and **Rachel Sharp** were named to the dean's list at the University of Delaware.

Hailey Oliveri was named to the dean's list at Hofstra University.

Katharine Grottke was named to the dean's list at Clemson University.

Kevin Smith was named to the dean's list at Seton Hall University.

Marc Howes was named to the dean's list at Marist College.

Olivia Porriello, Katherine Brough, Haley Lombardo and **Yue "Emily" Yin** earned first honors at Mercy High School. **Gabriella St. Pierre, Emily Tylki Grace Marino, Molly Codeanne, Nicole Roode,**

Mary Alistair Vidallon, Yining "Ivy" Liang and **Annmarie Rotatori** earned high honors.

Nicole Stavola was promoted to senior interactive project manager at Cronin and Company, LLC, a marketing communications agency. **WL**



Judith Peterson



Nicole Stavola

Courtesy photos

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Play on

Emerson-Williams PTO unveils new playground for younger children

by Allie Rivera
Staff Writer

The moment the scissor sliced through the wide red ribbon, the officials standing behind Emerson-Williams School were surrounded by tiny, jumping bodies. Little arms flailed and feet jumped up on the colorful new set as fits of laughter lilted through the air.

Oppressively hot weather didn't keep staff and students and their guests from attending the ribbon-cutting for a new playground on Aug. 30.

"We want the community to use it," Parent-Teacher Organization member Autumn Struck said.

The new playground, located behind the school and intended for use by kindergarten and first grade students, was funded by the PTO over the course of the past seven years. Initially, the effort was intended to raise money for the second and third grade playground that was constructed roughly three years ago.

"There had been a bunch of fund raising done for the other playground and when it came time to build, there was a state grant we used," PTO President Colleen Mattatall said. "We decided to create a future projects committee and our first future project was this playground."

Chris Murtha gives his first-grade daughter Halyn a hand on the monkey bars.

Photo by Lisa Brisson

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The new K-1 playground is designed to supplement the existing playground that Mattatall said is only 17 years old but is often too small for the multiple grades that use it at one time.

"That little playground is not accommodating for that number of kids," Struck, who also serves as co-chairwoman of the future projects committee, said. "We have 60 to 70 kids in kindergarten and 60 to 70 in

information at first. They didn't want to rush into it."

Members of the PTO asked her to observe recess on the playground and let them know what she found.

"What I saw were kids who love this playscape. They think it's awesome," she said.

"They do love it, but I saw they spent so much time waiting in line just to go down the one red slide, they weren't running around and

"Our PTO did a very thorough and thoughtful approach throughout this entire process."

-Neela Thakur

first grade that come out at a time."

The idea to build the supplemental playground first came to life in February, at which point PTO members reached out to Principal Neela Thakur.

"Our PTO did a very thorough and thoughtful approach throughout this entire process," Thakur said. "They really wanted to collect

using the time getting their energy out."

Thakur explained this to the PTO and it took that all into consideration while searching to create the best supplementary playground.

"We wanted a playground that was lowest to the ground to accommodate the little kids and we wanted it kind of sprawling," Mattatall



Photo by Lisa Brisson

Gavin Struck, 5, a kindergartner at Emerson-Williams School, seems pretty happy playing with the new playscape dedicated to the younger students at the elementary school. The playscape is open for anyone to use during non-school hours.

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explained. "We ended up getting 10 quotes from four different playground options."

By April, members of the committee presented their plan to the PTO and received unanimous approval. The group chose Creative Recreation of West Hartford to build the play area.

After meeting with and gaining approval from the Board of Education, the Town Council and the Planning and Zoning Commission throughout the spring, the plan was finalized and work began in August.

"That final step of approval happened in mid-June," Mattatall said. "Before they could build, they had to flatten the land and had to install some drainage equipment."

The final inspection and approval was completed the day before the ribbon-cutting ceremony. In addition to full approval from the PTO, members of the Emerson-Williams School community expressed their support and gratitude for the new playground.

"We need to credit the parents who organized this, but we also need to thank all the parents who contributed over the past decade for this to happen," Thakur said. "None of this would have happened without years and years of fund raising."



PTO members and Board of Education Chairwoman Bobbie Hughes Granato far right, cut the ribbon.

The students who now get to benefit from the playground had faith in the project. At the end of the last school year, each of the kindergarten classes wrote a persuasive letter asking for the new playground. Thakur said this did not go unnoticed.

For the faculty, staff and PTO, having more space for children to play is not considered a luxury, but a necessity to a child's development.

"At our school, certainly the academics are very important to us, but what happens out here at recess is

also learning," Thakur said. "There's a lot of really important learning that happens when kids are playing."

Bobbie Granato, chairwoman of the Board of Education and former long-time elementary school teacher in town, was on hand at the ribbon-cutting and echoed the importance of play in a child's education.

"Play is a very important part of child development," she said. "They learn so many social skills and problem-solving skills out here."

For the children who now get to

utilize the equipment, the new playground is simply fun.

"It's really cool. I like the monkey bars," 8-year-old Sophie Centurelli said.

"I like the sitting and spinning thing," Madelyn Sobotka, 9, said before running off to stationary seats that spin in place.

"We learned through this project that we can dream big at Emerson-Williams," first grade teacher Pam Jones said. "Never in my wildest dreams did I think this would happen." **WL**

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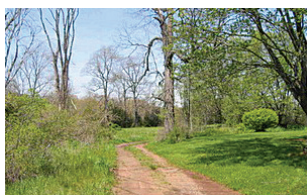
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Pristine Dutch w/Lovely 2 Story Open Foyer & Bridal Staircase! Features Wide Board Flrs, Crown Molding, High Ceilings, Eat In Granite Kitchen & SS Appl! Master Suite has Cozy F/p, Walk In Closet & Full Bth! New Boiler, Oversized Deck Leads to Tranquil & Secluded Yard!



Wethersfield - \$749,900

Beaver Brook Hospital (former Veterinary Hospital) Bldg by Dr. Hallisey in 1988. Brick Exterior & Modern Windows w/Cathedral Ceiling, 200 Amp Elect, Gas Heat, C/Air & Sprinkler, .79 Acre. Well Traveled Commercial Area Across from PO office.



Wethersfield - \$1,650

1st Floor 3 Bedroom Apt w/Heat & Hot Water Included!! Updated Kitchen, Separate LR & DR, Hrdwd Flrs, Laundry in Bsmnt, Beautiful Yard, Near Schools, Shopping & Highways! Landlord Takes Care of All Snow Removal & Landscaping! Avail October 1!



Wethersfield - \$459,900

Custom All Brick Ranch, Arched Doorways, Trey Ceilings, Theater Rm, Granite Kit, Hrdwd Flrs, Gas Heat, C/A, Security & Sprinkler Systems, Perfect In-Law Apt, Private Fenced Yard w/Kidney Shaped Heated Pool, Stone Walls, Gardens, Breathtaking!



Wethersfield - \$259,900

Fabulous Newer Townhouse Completed in 2013! 1st Flr Master BR, Walk In Closet & Full Bath! Gorgeous Granite Kitchen, Gas Heat, C/A, 1st Flr Laundry, Hrdwd flrs, Front Porch, Patio Leads to Private Yard w/Brook! 55 Plus!



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3 BR Col, thermopane windows,
screened-in porch and deck.
\$249,900



Architectural Gem! 2700 sq ft,
1st floor Master Suite.
\$359,900



Stunning sunsets & water views!
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2.5 ba, double cul-de-sac st.
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C/Air, 2 car gar, finished LL.
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MARIA PARKER JOINS THE WETHERSFIELD OFFICE



William Raveis, Chairman and CEO of William Raveis Real Estate, Mortgage, and Insurance announced the affiliation of Top Producer, Maria Parker to the firm's Wethersfield Office.

"We are pleased to have Maria on board, and we're confident she'll bring added value to the home buying and selling experience for all of her customers," stated Mr. Raveis. "Maria shares the firm's commitment to personalized service that's customized to every individual's specific needs."

"I joined the William Raveis, Wethersfield office because of the energy and team-oriented environment," stated Maria. "Also having the #1 marketshare was a huge deciding factor." Maria has been an enthusiastic and dedicated real estate professional for over nine years. She is licensed in both Connecticut and Massachusetts, speaks fluent German and also earned the designations of e-Pro and is E-certified. Her dedication to her clients, attention to detail and professionalism have earned her a reputation for honesty and integrity.

Maria has lived on the Newington/Wethersfield line for 30 years along with her husband. They have 3 grown children and 2 grandchildren. She specializes in all phases of real estate with an emphasis on equestrian properties, home staging and new construction.

For all your real estate needs, please contact Maria at 860-306-6040 or via email at Maria.Parker@raveis.com.

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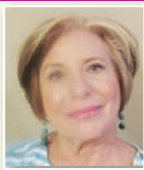
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Level 3br ranch features bonus room and large level yard.



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WEST HARTFORD \$525,000
Outstanding 3800 sf 5 BR Col/ 3 full bths, 2 half-bths, 2-Car att Gar. Amazing MBR Suite w/sitting rm & FP, Jacuzzi. Poss. Au Pair set-up or home office. Great loc West of Mountain Rd not far from Center.



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Distinctive 3 Bedroom, 1.1 Bath Colonial with 2-Car Garage, Hardwood Floors, Fireplace, CAIR, close proximity to schools, library, shopping - you'll love this home!



HARTFORD \$1250/MONTH
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ROCKY HILL \$359,900
420 Old Main St. What a home! Gracious solid Colonial, 3372 sf w/5 BR, 2.1 Bths, 2-car gar. on 1.32 acres. Special upper level road w/privacy. Call Cynthia Neznayko 860-881-8500



ROCKY HILL \$369,900
2434 sf Split level home, 4 BR's, 2.1 Bths, 2-car Gar, Great location, end of cul-de-sac, private .60 acre lot, Repl windows, Arch roof, 3 heat zones.



NEWINGTON \$299,900
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COLCHESTER \$325,000 or lease for \$2600/month
Great value here! 2570 sf 4 BR Colonial. 3.1 bths, 2-Car att. Garage on 1.4 level acres. Blt year 2004 like new. Call Mirella 860-997-1600 or Dan Burgio 860-808-9219



VERNON \$199,900
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VERNON \$165,900
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MANCHESTER \$165,900
What a great deal at this price for a great vintage 3BR Col with a New Remodeled Gourmet Kit!! 1.1 baths, Hdwd Flrs, Deck, Shed, Fenced in yard w/huge side lot! Come see!



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Jonathan

Jonathan is a 1-year-old guinea pig who was brought to the humane society because his first home included a dog who thought the little guy was meant to be a snack. He likes attention and feasting on mixed greens. He's also a music lover and sometimes even sings along.

Inquiries about adoption may be made at the Connecticut Humane Society, 701 Russell Road, Newington. Call 860-594-4500. More information, including videos, can be found online at cthumane.org. Click on "Adopt" and "Newington." The Connecticut Humane Society is a private organization and has no time limits for adoption.



Princess

Princess is a 3-year-old terrier, pit bull and boxer mix. She is best suited for life in a single-family home and any children should be 12 or older. Other cats and dogs in the house are fine with her. She is an active pooch and needs lots of exercise; the best match for her is a family with previous active dog experience. Ongoing obedience training is part of her adoption plan. **WL**

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1773 Berlin Turnpike
860.563.3110

WETHERSFIELD

1142 Silas Deane Hwy.
860.563.3510

October calendar

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

1 Fandom Fun, 10 a.m. to 3 p.m., Wethersfield Library, 515 Silas Deane Highway, 860-529-2665 or wethersfieldlibrary.org, also Oct. 8, 15, 22 and 29

Old Wethersfield Craft Fair, 1-4 p.m., Cove Park, \$7 admission, children under 12 free, 860-559-5560 or oldwethersfieldcraftfair@gmail.com

4 Flu Clinic, 9 a.m. to noon, Pitkin Community Center, 30 Greenfield St., 860-721-2818 or ccthd.org

6 Building STEAM, 6 p.m., for ages 5-7, Wethersfield Library, 515 Silas Deane Highway, 860-529-2665 or wethersfieldlibrary.org, also Oct. 13 and 20

7 Drop-in Playtime, 10 a.m., Wethersfield Library, 515 Silas Deane Highway, 860-529-2665 or wethersfieldlibrary.org, also Oct. 14, 21 and 28

8 Textile Treasures Digging Deeper Tour, 10:30 a.m. & 1:30 p.m., Webb-Deane-Stevens Museum, 211 Main St., 860-529-0612 or webb-deane-stevens.org

Film "Unfaithfully Yours," 1:30 p.m., Wethersfield Library, 515 Silas Deane Highway, 860-529-2665 or wethersfieldlibrary.org

12 Madres Latinas, 6 p.m., Pitkin Community Center, 30 Greenfield St.,

madreslatinas@gmail.com

13 Intro to Computers; Internet Search, 6:30 p.m., Wethersfield Library, 515 Silas Deane Highway, 860-529-2665 or wethersfieldlibrary.org

Wallace Nutting's Crusade for the Colonial Past, 6:30 p.m., Webb Barn, 211 Main St., webb-deane-stevens.org

14 Lantern Light Tours, 6:30-8 p.m., Old Wethersfield, \$20 fee, 860-529-7656 or wethersfieldhistory.org, also Oct. 15

16 Mikey's Place 5K Family Run, Walk & Roll, 11 a.m., Garden and Nott streets, 860-529-2711 or mikeysplace.org

20 Intermediate Gmail: Inbox Mess & Calendar, 6:30 p.m., Wethersfield Library, 515 Silas Deane Highway, 860-529-2665 or wethersfieldlibrary.org

22 Classical Guitarist Francesco Barone, 2 p.m., registration suggested, Wethersfield Library, 515 Silas Deane Highway, 860-529-2665 or wethersfieldlibrary.org

22 Yankee Pot Roast Dinner, 4:30-7 p.m., Wethersfield United Methodist Church, 150 Prospect St., adults \$12, children under 10 \$6, 860-529-2025

Witches & Tombstones Tours, 10 a.m. to 4 p.m., Webb-Deane-Stevens Museum, 211 Main St., \$15 per person, 860-529-0612, also Oct. 23

25 Medicare 101, 6:15 p.m., Wethersfield Library, 515 Silas Deane Highway, 860-529-2665 or wethersfieldlibrary.org

GFWC Newington/Wethersfield Woman's Club, 6:30 p.m., Newington Senior & Disabled Center, 120 Cedar St., Newington, 860-666-4371

27 Intermediate Gmail: Google Docs & Drive, 6:30 p.m., Wethersfield Library, 515 Silas Deane Highway, 860-529-2665 or wethersfieldlibrary.org

Pumpkin Judging Contest & Parade, 6 p.m., registration required, Wethersfield Library, 515 Silas Deane Highway, 860-529-2665 or wethersfieldlibrary.org **WL**

Is your club, community organization, school or house of worship holding an event open to the general public? If so, please send us the details for inclusion in our calendar. Email your events to Mark Jahne at mjahne@turleyct.com or mail them to Turley CT Community Publications, 540 Hopmeadow St., Simsbury, CT 06070.

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Events *spotlight*

Wethersfield Remembrance Group

Sept. 30, 7 p.m.

Pitkin Community Center

30 Greenfield St.

860-874-1449 or 860-604-1723

This group was created by a few alumni from Wethersfield High School who attended the school in the 1980s with the intention of remembering classmates who died. They also created a scholarship fund in their memories. This event will mark the second annual fundraiser for the group. Tickets are \$20 (adults only) and live music will be provided by Jeff Pitchell & Texas Flood. Bring your own food and beverages.

Old Wethersfield Craft Fair

Oct. 1, 1-4 p.m.

Cove Park

860-559-5560 or oldwethersfieldcraftfair@gmail.com

This 35th annual event benefits the Wethersfield Historical Society and takes place rain or shine. There will be more than 100 juried artisans displaying their handmade wares and this year's show boasts an extensive variety of new crafters. Food vendors will also be on hand and Botticello Farms will be selling pumpkins, produce and colorful fall mums. The historical society will hold a bake sale and DJ Ryan McCarthy will entertain children with music and games. Other attractions are face painting and the Round Hill Alpacas. Admission is \$7 for anyone over the age of 12.

Wallace Nutting's Crusade for the Colonial Past

Oct. 13, 6:30 p.m.

Webb Barn

211 Main St.

webb-deane-stevens.org

Historian Bill Hosley will speak as part of the ongoing "Wallace Nutting: Preservation Pioneer" exhibit in the Joseph Webb House. His lecture will provide an overview of Nutting's diverse career and suggest that no figure in the 20th century did more to advance the study and public awareness of early American life than Nutting. Hosley's talk will be preceded by a wine reception at 6 p.m. The Nutting exhibition continues through Oct. 30 and admission is \$8.



Lantern Light Tours

Oct. 14-15, 6:30-8 p.m.

Old Wethersfield

860-529-7656 or wethersfieldhistory.org

Explore the Ancient Burying Ground at dusk by lantern light and meet some of the people who helped shape this town's more than 375-year history. Hour-long tours begin at 6:30 p.m. and will leave every 15 minutes until 8 p.m. Tickets can be purchased at the Old Academy, 150 Main St., Tuesday through Friday between 10 a.m. and 4 p.m. or on the "shop" section of the society's website. These tours are appropriate for ages 13 and older and tickets are priced at \$20 per person.

Mikey's Place 5K Family Run, Walk & Roll

Oct. 16, 11 a.m.

Intersection of Garden and Nott streets

860-529-2711

mikeysplace.org

This 18th annual event will benefit the preservation of the wheelchair-accessible playground built in memory of Michael James Daversa, who passed away just before his third birthday from spinal muscular atrophy. This year's proceeds will go to a scholarship fund with Wethersfield Dollars for Scholars that was created in 2003. The entry fee will be waived for anyone who raises a minimum of \$20 in pledges. Registration will take place from 9:30-10:30 a.m. in the Hanmer School gym. Anyone interested in volunteering may email ddavfamily26@gmail.com or call the above phone number.

Witches & Tombstones Tours

Oct. 22-23, 10 a.m. to 4 p.m.

Webb-Deane-Stevens Museum

211 Main St.

860-529-0612

During the 1800s, straw was often strewn onto the lid of a lowered coffin before the task of shoveling began to soften the sound. Many other bone-chilling and historical details will be shared during the annual Witches & Tombstones Tours. The cost is \$15 per person. Space is limited and advance ticket purchase is recommended by visiting <http://webb-deane-stevens.org/witches-and-tombstones-tour>. Stops include the 1714 Buttolph-Williams House, Ancient Burying Ground and Isaac Stevens House. **WL**

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News roundup

Courtesy photos



Trinity Episcopal Church

Church glass being repaired

The stained glass windows at Trinity Episcopal Church on Main Street in Old Wethersfield are in need of repair and the church is hoping community members will join its congregation in helping to pay for restoration of these religious works of art.

Three of the windows were created by the famed Tiffany & Co. Shown is the prized L.C. Tiffany Cross Window, which is now being restored at Brennan Stained Glass Studio in Syracuse, N.Y. Anyone wishing to make a donation or learn more about the windows may contact Nan Heath at 860-563-8032.

Buy fruit, support the band

The Wethersfield High School Instrumental Music Boosters annual fruit sale has begun. High school students who participate in the band, orchestra and color guard will sell oranges and grapefruit until Oct. 20. All profits will benefit the high school music program.

Choices include large or small cartons of fruit or a mixed bag

containing both oranges and grapefruit. Fruit baskets containing oranges, grapefruit, apples, pears and goodies can make for a nice Thanksgiving gift.

To place an order call Terri Hrdy at 860-563-2387 or e-mail your name and phone number to whsfruitsale@gmail.com. Orders can be picked up at Silas Deane Middle School from 8 a.m. to 4 p.m. Nov. 19 and 9 a.m. to 3 p.m. Nov. 20.

Top CREC teacher honored

CREC Discovery Academy teacher Sarah Worley was named the council's teacher of the year at FallStaff, an event that kicks off the new school year for teachers and staff. The award recognizes her work during the 2015-2016 academic year.

Worley teaches second grade at the Cumberland Avenue magnet school and has worked for the school since 2011. Prior to that, she taught at Jumo Academy Charter School in Hartford.

The school also started the academic year with a new principal, Kurt Stanco. He began his career as an English for speakers of other languages teacher and served as vice principal of John F. Kennedy, Clover Street, and Oliver Ellsworth schools in Windsor before joining CREC as assistant principal of the Glastonbury-East Hartford Magnet School.

Students return to Corpus Christi

Corpus Christi School opened its doors for the 2016-2017 academic year with new leadership, new students and a new look. New Principal Ann Sarpu brings a fresh perspective to the job and she's changing things up a bit.

Those changes include community-based learning and some different extracurricular



School morning prayer

offerings. From a faith perspective, students are learning to live the Beatitudes on a daily basis. More than 40 new students enrolled this year.

Corpus Christi School provides a rigorous curriculum to more than 350 students in pre-kindergarten through eighth grade who come from 26 different cities and towns across the state. It was recognized as a National Blue Ribbon School of Excellence in the exemplary high performing category in 2012.

In the photos, first-grader Emma Rigor gets right into her studies while eighth-graders Lauren Trymbulak and Claire Murphy prepare to lead the school in morning prayer.

Church sponsors forum

The Wethersfield United Methodist Church will host IMPACT 10, a forum designed to identify ways to make a long-lasting positive impact in lives of Wethersfield residents over the next 10 years.

This event is scheduled for noon Sept. 25 at the church, 150 Prospect St. Featured presenters will be Mayor Paul Montinieri, Police Chief James Cetran and Kathy Bagley, director of social and youth services for the town.

Each presenter will identify two or three of their greatest concerns in town, obstacles to addressing these concerns, and how to pull resources together to overcome those obstacles. The audience will have an opportunity to ask questions.

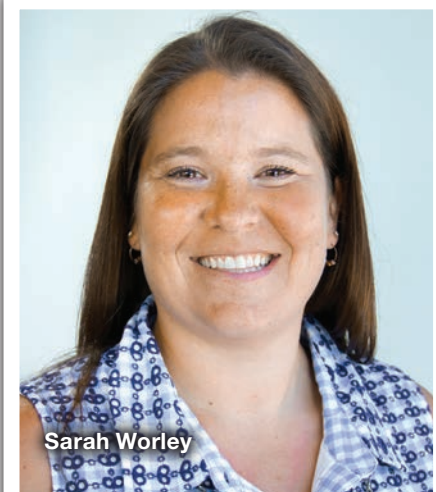


Corpus Christi School

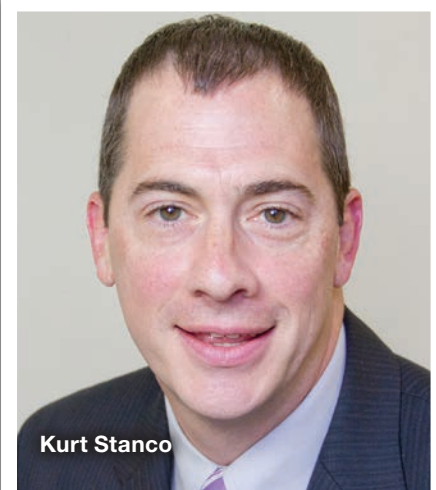
M. Peter Barry dies

Former mayor M. Peter Barry, 83, died Sept. 5 after a battle with leukemia. The longtime resident was a partner in the local law firm Barry, Harvey & Later. He was a graduate of Bulkeley High School in Hartford, the College of the Holy Cross and Georgetown University School of Law.

Barry, a Democrat, was elected to the first of three terms on the



Sarah Worley



Kurt Stanco



Town Council in 1964 and served two years as mayor at a time when Republicans historically held control of elected bodies in town. He was a communicant of the Church of the Incarnation.

AARP tax aides sought

The AARP Foundation Tax-Aide program is looking for local volunteers for its tax preparation program. They are asked to give a few hours each week during the tax season to help low-income and moderate-income people prepare and file their federal and state tax returns, ensuring that they receive the

tax credits and deductions they deserve.

Jobs include greeters, counselors and electronic return originators. Training is provided. To learn more, or to register as a volunteer, visit aarp.org/taxaide.

Moms donate school supplies

The Moms Club of Wethersfield collected school supplies to donate to the town Department of Social and Youth Services for needy children. Mary Ann Kelley, 1, Eliot Lentino, 4, and Avery Lentino, 1, sit alongside a shopping cart overflowing with donations. **WL**

Business note

The International Institute of Cosmetology will host its 13th graduation ceremony and fashion show Oct. 2 at the Aqua Turf Club in Plantsville for its 130 graduates of cosmetology, aesthetics and makeup. World-renowned hair-stylist **Ted Gibson** will deliver the commencement speech. He is mostly known for working on the

locks of top celebrities including Anne Hathaway, Debra Messing, Angelina Jolie, Lupita Nyong'o, Gabrielle Union and more. Tickets can be purchased at <https://studyhair.ticketleap.com/iicgrad2016/>. A portion of ticket sales will benefit the Linda Clemens Breast Cancer Foundation. **WL**

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Just for Women

Focus on fitness

Expert advice for women of all ages

by Lynn Woike
LIFE Staff



Exercise is an important part of any person's regular routine.

Swimming, biking, hiking, yoga: everyone has a personal preference of how they like to stay in shape.

When planning an exercise regimen, in addition to choosing something that will keep one motivated, it's important to consider the physiological needs of the body as it ages.

"For women in their 20s, a lifestyle that includes regular exercise and daily activity is vital," said Jennifer Braun, a certified physical therapist at Anytime Fitness in West Hartford.

"Exercise regimens should include a combination of strength, cardiovascular and metabolic accelerated resistance training for a well-rounded program. Strength is especially important for maintaining strong and healthy bones and setting the body up for prevention of osteoporosis as women age.

"Women have a higher risk of developing osteoporosis – the breakdown of bone to become fragile due to loss of bone tissue. When strength training is started in their 20s and maintained, women are less likely to develop osteoporosis early on and can maintain a more active lifestyle," Braun said.

As years pass and life gets more complicated, it can be difficult to stay on track. Exercise may become less of a priority, but women are encouraged to fight that trend.

"Most fitness trainers say that a comprehensive wellness program includes cardio two to three days per week, strength training a minimum of two days per week and stretching seven days per week. But 30-somethings are busy with careers, families, and homes, so their time is precious, to say the least," said Maggie Durbas, who has a personal training background and owns Journey of Yoga LLC in Simsbury.

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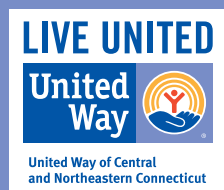
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Just for Women

She recommends yoga for busy women in their 30s.

"If time is an issue, practicing yoga for an hour two to three times a week can do triple duty and help with strengthening, stretching and even cardio, never mind the myriad of other health benefits," she said.

"Yoga is far more than simply stretching. Depending on the type of class, it can definitely be considered strength training."

"For example, power and vinyasa both can be strengthening, if the poses are challenging and held for at least 30 seconds. If the vinyasa class is flowing the entire time, like Ashtanga – from which vinyasa was derived – it can also be a cardiovascular workout."

Durbas tells the story of a woman who, because of an injury, used only yoga to train for "her umpteenth triathlon."

"Because of the vinyasa flowing movement, she got the cardio she needed for running and biking, chair and warrior poses prepared her quads for biking and the rhythmic

breathing prepared her for swimming. She completed the triathlon close to the same time she had done the prior year," Durbas said.

Your 40s are a time you should be focused on becoming your healthiest, said Kevin Kosis, a certified exercise physiologist with a bachelor's degree in exercise science at Designed Training in Glastonbury.

"Your 40s are when your body starts to go through changes. For women especially, premenopausal levels start to change, calcium levels and bone density start to drop off. Osteoporosis rates nearly double after 40, breast cancer rates exponentially rise after 40, and cardiovascular risk factors elevate after 45. But there's an easy fix for that: exercise," he said.

He recommends starting with squats three times a week, using light weights and doing three sets of 15 repetitions each.

"Slowly start increasing weight when you're comfortable and decrease to 10 repetitions,"

Kosis said.

Studies regarding preventative care in breast cancer show physically active people are less likely to receive a diagnosis and High Intensity Interval Training has proven to be beneficial.

Decreasing stress levels will also do wonders, and again exercise helps with that, he said, adding that a healthy diet is also important to maintaining a healthy lifestyle.

As women age into and beyond menopausal years, exercise continues to be a key to staying healthy as well as warding off other illnesses and staying mentally sharp.

According to Peter Asadourian of Future Fitness Sport Specific Training, no matter what age you are, "the hardest thing to do is to start a training program."

Different anxieties may come into play, but it's important to approach the task at hand with the right mindset.

Those in older age groups should not fall victim to the belief that it is too late for them to start a

new, healthy routine.

"When starting that training program, you need to take some gradual steps," he said. "Set goals for yourself, where you want to be in a few months, etc."

"Find out what you can do and know your limits. If you are able to do movements with great form and you are breathing comfortably and there is no pain, then you can do it. Just because you are 50 or 60-plus years old does not mean you can't do what a 20-year-old is doing."

It's important when joining a gym to be sure a trainer is providing appropriate guidance and movements are being modified to one's personal abilities, Asadourian said.

"Taking part in a fitness program, especially as we get into our 50s and 60s is very beneficial," he said. "We want our bones and muscles to stay strong to avoid injury and other health issues. Exercise is the answer to a lot of everyday health issues."

It's easy to start; your first move is to get up off the chair." **WL**

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Just for Women

What I tell my friends

Advice from women, for women

by Allie Rivera
Staff Writer

For many women, relying on the advice of friends or family members can be a key factor in decision making. Those in the medical world are similarly used to providing advice to their friends, family and neighbors about how to stay healthy.

"I would stress preemptive measures," said Dr. Sai Varanasi, a fellow of the American College of Surgeons at Bristol Hospital. "It's good to be proactive."

Varanasi, whose areas of special interest include high-risk groups of breast diseases as well as genetic testing for breast disease, stressed the importance of knowing one's body.

"I tell people to get used to your breasts," she said. "Particularly for young women who have very lumpy breasts, it's good to know how they

feel so that if there's something different, you can bring it to the attention of your physician or gynecologist."

In addition to knowing about yourself, Varanasi said it is important to know about your family's past.

"I would tell friends and neighbors more and more now to be aware of their family histories," she said. "We can help them with a genetic background a little bit more than we could a few years ago. The more they can give us, the better."

For those who do have a history of breast cancer in their family, starting mammograms early is key. Varanasi suggested beginning the testing 10 years before the age that a family member had been diagnosed, for example if a family member was diagnosed at 40, mammograms should start at age 30.

Varanasi recognized that many insurance plans do not cover the testing until age 45, but she said that she suggests to friends that they start earlier if possible.

"If it's my friend, I will still tell her, as long as insurance is paying, go for the mammogram starting at 40," she said. "It's better if we can detect it sooner. The smaller the tumor, the less invasive the surgery."

To help prevent these diseases, Varanasi said that she tells her friends to reduce habits that could increase risk.

"Smoking, drinking, these are the factors that increase the risk of breast cancer," she said. "Alcohol, even a drink a day, is supposed to be pushing the envelope for women. I tell my friends make it a weekend thing."

Additionally, Varanasi said that research has shown a direct link between obesity and breast cancer.

To help manage risk, she recommended moderate exercise for 30 minutes per day, five days per week.

In general, Varanasi said that one thing she always stresses to her friends and family is the importance of owning their health.

"I tell my friends that sometimes the patients have to be their own advocates," she said. "The best way is to be current in what's going on out there. ... Sometimes doctors forget to order an ultrasound when a patient has dense breasts," she said. "Out of 50 states, there are 22 where insurance pays for ultrasounds from dense breasts. This is something I would tell my friends and neighbors to be cognizant of." **WL**



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Just for Women

What nutrition professionals eat

Pie and candy have place on the menu

by Mara Dresner
Staff Writer

Every day there seems to be a new diet book or plan that everyone is talking about. Figuring out what's best to eat can be a challenge. So LIFE went to the source to ask some health professionals what they eat on a typical day. While everyone's nutritional needs are different, you might find inspiration with these real-world sample menus.



Nutrition Katryna - courtesy photo

Katryna Minski, a Registered Dietitian/Certified Diabetes Educator at Hartford Hospital in Glastonbury, said her biggest tip is to eat throughout the day. "Don't skip meals!" she advised. "Eat regularly every three to four

hours. Set reminders in your phone so you don't forget!"

She also drinks water infused with cucumber and mint throughout the day, usually about 48 ounces.

Breakfast: Prosciutto-wrapped mini frittata muffin made with prosciutto, lots of diced veggies (her favorites include kale, tomato and mushrooms) and a sprinkle of cheese. "These egg cups can be made ahead and are a great grab-and-go breakfast for busy weekday mornings. I recommend using the silicone muffin sheets," she said. She also has 12 ounces of Colombian coffee with a splash of whole milk.

Snack: Emerald Nuts 100-calorie pack vanilla roasted almonds and half cup of blackberries.

Lunch: Arnold whole-wheat Sandwich Thins roll, two slices deli-sliced Boar's Head Cracked Pepper Mill smoked turkey breast, one slice of sharp provolone cheese, a handful of arugula, Hellmann's light mayo,



lightly spread. Served with Sabra single serving cup hummus (original flavor) and sliced veggies (baby carrots, sugar snap peas, mini bell peppers, cherry tomatoes) and a 12-ounce can of Polar pomegranate-flavored seltzer.

Snack: Small container of Dannon Oikos Triple Zero Salted Caramel Greek Yogurt.

Dinner: Four ounces of baked chicken parmesan with zucchini noodles. She breads the chicken with almond meal and spices. "I love my spiralizer! It makes eating veggies fun!" she said. 16 ounces of water.

Favorite treat: One package of Dole Dippers Dark Chocolate covered frozen banana slices (100 calories)



Nutritionist York: Photo by UConn-Health/Janine Geineau

Linda York, a Registered Dietician/Certified Diabetes Educator with the UConn Health outpatient department, noted that exercise is crucial to maintaining a healthy weight. "Exercise is medicine," she said, advocating for a half



hour of aerobic exercise each day.

"If you do anything extra, that's great, but at least half an hour. If you think of it as medicine, it becomes a habit. You will maintain your weight so you can eat something you want." That includes sweets and other treats. York said she is careful not to keep trigger foods in the house. "I tend not to keep anything in the house that I really like. I tend to go out and get it," she said of her favorite treats. She also drinks a lot of water.

Breakfast: Two slices raisin toast, one teaspoon of Smart Balance margarine. A cup of coffee with skim milk, no sugar. Or a cup of old-fashioned oatmeal with one teaspoon of brown sugar and one-half cup of skim milk and frozen berries or a sliced banana, with coffee. On weekends, she enjoys omelets with two large eggs, vegetables, hot sauce and Cabot light cheese with two slices toast with Smart Balance margarine.

Lunch: A "big" salad with two

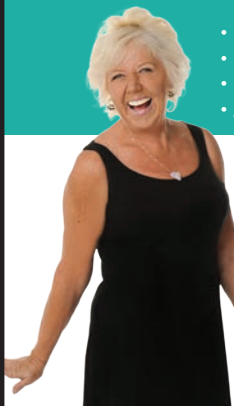
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Just for Women

to three cups of vegetables, as well as one-half to one cup of fruit, and protein, such as chicken or tuna. No dressing. She also enjoys “some kind of starch,” for example, croutons or a small bag of Cape Cod low-fat chips.

Snack: If she wants something sweet, she’ll have a Quaker Oat 90-calorie granola bar with coffee. She tries to stay under 150 calories for the snack.

Dinner: York’s biggest meal. Most days she’ll enjoy four ounces of wine with dinner, which is often a pasta dish with tomato sauce without any meat. She’ll do a quick stir fry with eggplant to add to the sauce, which she’ll season with fresh basil, garlic powder and Italian seasoning, topped with fresh parmesan. She admits to liking white pasta and usually chooses linguini. On other days, she’ll make a lemon chicken, cooked in a little oil, which she’ll have along with a carb, such as pasta, a potato or sweet potato, along with half a plate of cooked vegetables, such as broccoli or asparagus, which might be frozen or fresh. She also enjoys poached salmon.

Snack: Around 9 p.m., she’ll have a Chobani Greek yogurt, such as black cherry or coconut. She might also have another bag of Cape

Cod chips. Once in a while, she’ll enjoy a Fudgsicle or small ice cream sandwich. “If I’m still hungry I have a cup of tea,” she said.

Favorite treat: Pie, such as blueberry pie. “But I wouldn’t have the whole thing in the house; I love it so much!” she said. She also enjoys French cheeses. “You just have to have control and make sure you don’t have a lot of that stuff in the house.”



Nutritionist Renée - courtesy photo

Renée J. Bordeaux, a registered dietitian (RD), Certified dietitian-nutritionist (CD-N) and certified personal trainer (CPT), is owner and president of Bordeaux Nutrition in Newington (bordeaux-nutrition.com). She is a fan of “Paleo Diet” as outlined by Dr. Loren Cordain, Ph.D.

“I have added my own twist, coining

the phrase Paleo-esque™ when working with clients who are transitioning stepwise from a typical high-carb American diet to a healthier, paleo-centric lifestyle. ‘Paleo’ refers to the Paleolithic era approximately 10,000 years ago when humans were still hunter-gatherers, before the age of agriculture and increased grains in our diet. Once humans began to increase grains in our diet, we began to see increased digestive diseases and inflammation which is the very basis of disease,” she explained. “My biggest tip for women’s nutrition is to go Paleo! A Paleo diet focuses on nutrient-dense, lower-carb foods that are anti-inflammatory. Women are at higher risk for developing inflammatory/autoimmune conditions. Following a Paleo lifestyle will decrease these risks.”

Breakfast: Her “Caveman Cereal:” one-half cup of fruit such as applesauce or berries or one medium banana with one-quarter to one-third cup nuts or seeds (any nuts except for peanuts, which she noted are “legumes that are inflammatory and not nuts”) for protein and an omega fat source. On other days, she will have five to six ounces of leftover grass-fed beef, chicken or pork with one to two cups of leftover veg-

etables, such as spaghetti squash or acorn squash. If she’s having a lower-carb veggie, such as spinach, she’ll add about a half-cup of fruit. She also drinks coffee with almond milk.

Snack: Two tablespoons of nuts/seeds or one-half cup fruit with one tablespoon of nuts/seeds or half an avocado with grape tomatoes. She drinks water or herbal tea.

Lunch: Five to six ounces of leftover grass-fed beef, pork, chicken, fish, tuna fish or seafood with approximately two cups of non-starchy vegs (spinach, broccoli, cauliflower or greens) with approximately one-half cup starchy veg such as winter squash, beets, carrots or Brussel sprouts. Vegetables are drizzled with one to two tablespoons of olive, coconut or sesame seed oil for flavor.



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Snack: Two tablespoon nuts/seeds or one-half cup fruit. Occasionally, she will have one square of gluten-free, dairy-free 80 percent cocoa chocolate with one tablespoon almonds. Also, water, decaf coffee with almond milk or herbal tea.

Dinner: Very similar to lunch with one glass of wine.

Favorite treat: One-half cup of gluten-free, dairy-free coconut or almond based “ice cream” with nuts or two gluten-free, dairy-free cookies, from Pamela’s Products or Aleia’s. Another favorite treat is gluten-free, dairy-free dark chocolate “bark thins.”

Natalie Kebalo, MS, RDN (Registered Dietitian-Nutritionist) at Hartford HealthCare, Jefferson House in Newington, advises,

“Get back to the basics as much as you can. Cooking at home with fresh ingredients that are not processed will eliminate the extra calories, fat, sugar and additives, such as artificial colors or flavors,



Nutrition Natalie: courtesy photo

that people are much more conscious of today than ever before.”

She usually drinks at least eight cups of water per day, mostly between meals.

Breakfast: Brewed coffee with 2 percent milk, one cup of water, two boiled eggs, wheat toast (Freihofer’s 100 percent Whole Wheat Bread),

two kiwi fruits.

Lunch: Mixed salad greens with leftover grilled steak, tomatoes, half of an avocado and one tablespoon of Italian dressing. One cup of water

Snack: Whole milk Greek Yogurt from Stop & Shop with a teaspoon of honey.

Dinner: “Spaghetti” (noodles made from yellow squash using a Veggetti spiralizer) sautéed with olive oil and diced garlic, with home-made tomato sauce and meatballs (made with half turkey and half beef), one tablespoon of grated Parmigiano Reggiano cheese from Stew Leonard’s, one cup of water. “I love fresh fruits and vegetables that are in season, like the yellow squash,



peaches, and tomatoes!” she said. “They are much more tasteful and usually cheaper in the supermarket or farmer’s market.”

Dessert/Snack: Soft-serve vanilla/chocolate ice cream from the local dairy bar. She gets a kid-sized “since they love to give extra” and a fresh peach. **WL**

“Get back to the basics as much as you can. Cooking at home with fresh ingredients that are not processed will eliminate the extra calories, fat, sugar and additives, such as artificial colors or flavors, that people are much more conscious of today than ever before.”

—Natalie Kebalo

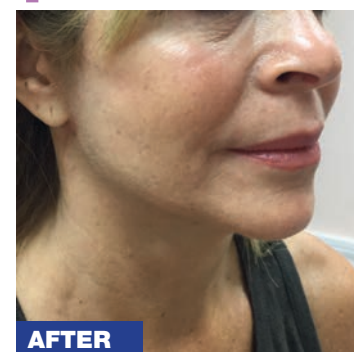
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Just for Women



Why I wear PINK

Breast cancer color is personal for many

Compiled by Mara Dresner & Alicia Smith

It's hard to miss the pink during Breast Cancer Awareness month in October. Many people go pink just to show support or raise awareness for a good cause. But for others, wearing pink has a much more personal meaning. We spoke to readers to find out why they wear pink.



Sandy with her children and husband

Sandy Cassanelli

"Most people wear pink for breast cancer awareness, but I believe there is not enough awareness to metastatic breast cancer. My life has changed dramatically since being told that my breast cancer had spread to my liver in April 2015, at age 39, and that I would be living with Stage IV metastatic breast cancer and in treatment with no cure for the rest of my life! Most people don't even know what metastatic breast cancer is:

One out of four people initially diagnosed with early stage breast cancer will develop metastatic breast cancer. Metastatic breast cancer accounts for approximately 40,000 deaths in the United States annually. One hundred and ten women die daily from metastatic breast cancer. Metastatic breast cancer is greatly underfunded! Currently, only 7 percent of breast cancer research funding is allocated to metastatic breast cancer research.

In 2016 my friend Heidi Grise and I decided to create Breast Friends Fund and raise moneys for Dr. Eric Winer and his research team at Dana Farber Cancer Institute. Dr. Winer is also the chief of the Division of Women's Cancers at Dana-Farber and the Thompson Senior Investigator in Breast Cancer Research. He is a professor of medicine at Harvard Medical School. He is also my oncologist at Dana Farber. One hundred percent of

all moneys raised goes directly to metastatic breast cancer research. Visit breastfriendsfund.org."

Adam Clemens

I lost my mother to breast cancer when I was 7. I started as a participant/volunteer at an American Cancer Society Relay for Life at the age of 18. Within a couple of years I worked my way up to chairing the event. Around 2005 I also began to raise money for Making Strides Against Breast Cancer. At 23, I was recognized as the top individual fundraiser in the state.

That got some attention and I was tapped to become a legislative ambassador for the American Cancer Society's Cancer Action Network. In early 2009, my friend, client, and breast cancer survivor, Rosanne Palazzolo, approached me to see if I wanted to organize a benefit with her. That first event raised a little more than \$6,000 which was donated to Hartford Hospital. We incorporated, founding the Linda Clemens Breast Cancer Foundation (lindaclemens-foundation.org), a 501(c)3 non-profit, named after my mother. Rosanne and I got matching tattoos to commemorate the event. Our goal is to provide comfort and support to Connecticut women battling breast cancer. We've also founded the Linda Clemens Early Detection Fund at the Neag Comprehensive Cancer at UConn Health Center to provide free mammograms and biopsies for the un- and under-insured.

Throughout October, we partner with over 60 local businesses and community organizations to raise money and awareness. Each spring we hold the Pink Glove Gala. It is a fantastic evening celebrating life and remembering those who have lost their battles. Nearly all of the funds we raise go back directly to local families who have been affected by breast cancer. We're a group of friends and family who have come together because of something negative and turned it into a positive to help others in the community. **WL**

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Slice of LIFE

photos by Lisa Brisson



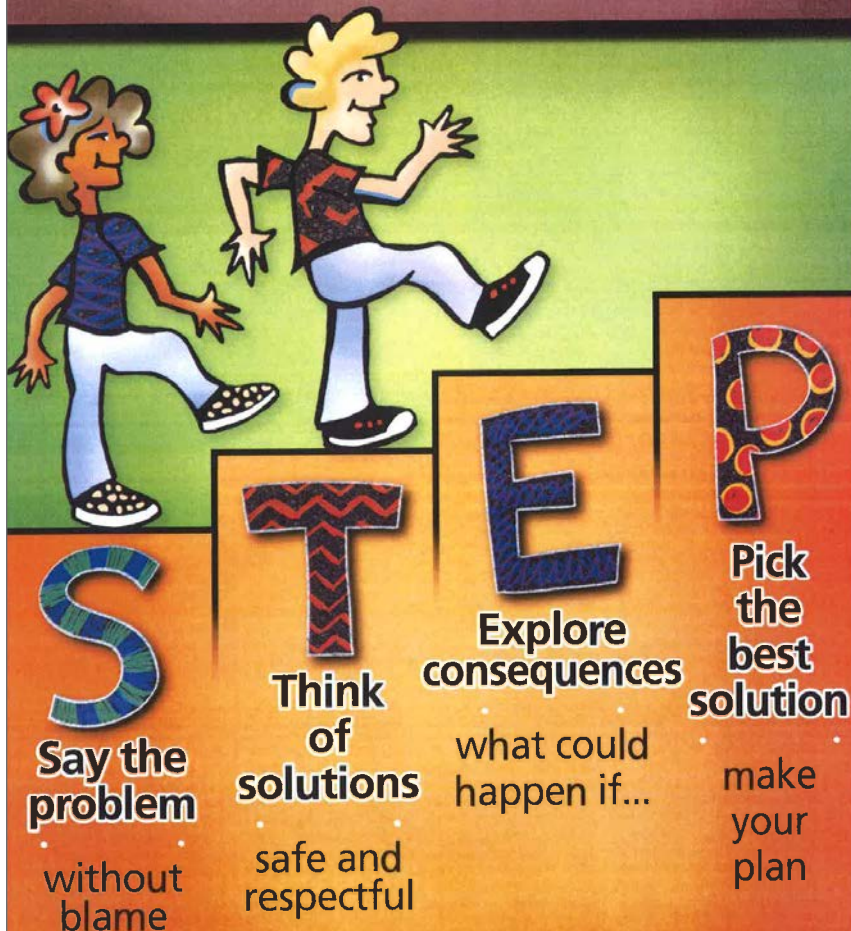
Dining at the farm market

The Wethersfield Farmers Market held its 5th annual fund-raising From Farm to Table dinner at the Solomon Welles House and approximately 80 guests dined on the freshest and most creative food and drink created from the bounty of its Thursday afternoon market. **1.** Paige Fleming gets a pour of white wine from Rick Doran. **2.** James and Melinda Robidoux celebrated their 20th wedding anniversary at the 5th Annual From Farm to Table dinner. **3.** Diners enjoy a balmy evening on the front porch of the historic Solomon Welles House. **4.** Chef Stephen Grace plates the duck confit ravioli from Marwin Farms that was topped with duck jus and herb butter. **5.** Market Master Stephanie Jarm (in center wearing white) was happy the fundraiser was such a success. She said it could not have happened without a big group of volunteers. **6.** Sicarios, featuring musicians Ben Dean and Daniel Salazar III, entertained the diners. **7.** David and Linda Margolin attended with her sister Ruth Kuzma. **8.** Lisa Sanchez Gonzalez pours a glass of red wine for Laurie Bruno. **9.** Newly made and familiar friends alike shared in a special night of good friends and food. They included, from left, Kate Woodworth, Carolyn Bedula, Lavinia Hudak, Meg Moon, Marie Hutnick and Dorcas McHugh. **10.** The main entree consisted of wood fired sous-vide tri-tip of beef topped with a mushroom medley. It was served with duck fat roasted fingerling potatoes and summer garden succotash from Blue Moon Farm and Cugno's Farm.



EDUCATION

Problem-Solving Steps



LIFE *in the classroom*

Webb School places focus on mindfulness and personal development

by Mark Jahne
Editor

Writing, reading and arithmetic will always be important components of an elementary school curriculum. But traditional education is only a portion of each child's life.

Webb School wants to educate the entire child and that involves training and practices not directly related to books. Principal Michael

Verderame has placed an emphasis this year on teaching everyone in the building the skills and benefits of what he calls mindfulness.

There is an ABC component involved with this. A stands for awareness of others, B means balance in one's life and C teaches compassion. Everyone in the school, including faculty and other staff, is being asked to embrace this initiative.

The idea grew out of a program



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EDUCATION

this past academic year called Yoga 4 Classrooms that was funded by the Richard M. Keane Foundation. Mindfulness is defined as having the ability to pay attention to the present moment with curiosity and without passing judgment.

Meditation is one way to achieve mindfulness. Its benefits include empathy, compassion, a high-performing immune system, increased happiness and optimism, improved sleep, increased focus and concentration, and reduced stress and anxiety.

Verderame does not contest the fact that scholastic grades are important, but he also pointed out that hardly anyone remembers the

exact grade they received in fourth grade math or high school English. What they do remember is the teacher who taught them real-world skills.

If we have 75 staff members working together, it is like a tidal wave."

—Michael Verderame

He is confident that this new approach will help Webb students become more passionate about learning and better problem solv-

ers. He wants them to learn strategies to effectively solve both academic and social issues.

Another expected benefit is that this will encourage students

to take ownership of their learning and become less dependent upon others.

"This is a big shift for us this

year. We're really focusing on the growth mindset versus the fixed mindset," Verderame said.

An important aspect of the process is for each student to discover how he or she learns best. For some, it may be books. For others, video might be the best tool. Maybe hands-on learning works the best for another group of children.

As the academic year progresses, students will be tasked with researching social issues and learning how to utilize available resources to learn all about those topics. They will then be asked to take a stance and defend that position using a variety of information from different sources.

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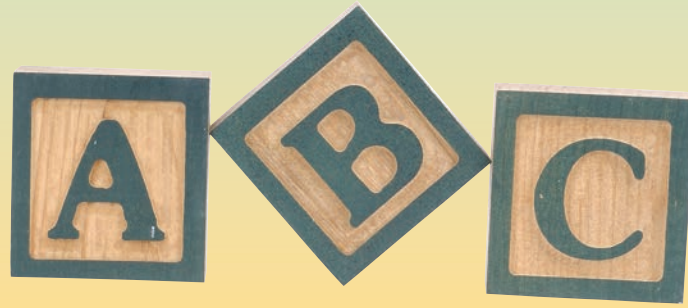
"Our school improvement plan now includes a civic goal and problem-solving goal," Verderame said.

If a child struggles with a particular subject, the principal doesn't want to hear "I can't do this." The goal is for the child to say "I can't do this – yet." Another way of describing it is moving away from a fixed mindset to a growth mindset.

A fixed mindset is considered to be one that avoids challenges, gives up easily, ignores feedback and tries hard to appear intelligent. A growth mindset embraces challenges, gives great effort, learns from feedback and believes in success.

"I'm infusing what's called a leader-leader model, as opposed to a leader-follower model. If we have 75 staff members working together, it is like a tidal wave," Verderame said.

His hope is that the tidal



"A stands for awareness of others, B means balance in one's life and C teaches compassion. Everyone in the school, including faculty and other staff, is being asked to embrace this initiative."

waves washes over the entire school to make this mindfulness initiative a success. He believes there is a huge amount of talent in the building that he wants to tap into for individual expertise.

School psychologist Elisabeth D'Amato and social worker Melissa Perry are playing an active role in the process. They

are coming out of their offices and teaching this new mindfulness program in the classrooms. In the past, they mostly worked with select students who demonstrated specific needs.

"We are going into all kindergarten through second grade classes to teach, focusing on social thinking skills. We're going

to be able to expose many more students to these concepts," D'Amato said.

"Social thinking is the ability to regulate what you do," she added. "It really is going to have a positive impact on the school climate."

It involves things like putting matters into perspective, taking other people into account, showing empathy, solving problems and controlling one's emotions. These lessons will also teach the students about expected behaviors.

Perry said the initiative will encourage children to think outside of themselves. Both she and D'Amato use mindfulness and meditation when counseling individual students.

She spoke of teaching children to breathe deep, or "take a balloon breath," when they start to feel overwhelmed. This simple act has numerous mental health

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EDUCATION

benefits that helps to offset anxiety and depression.

“Mindfulness is all about slowing down,” Perry said. “The teachers use us as resources, too.”

Both women are instructors in a district program that teaches staff and students how to de-escalate a problem situation.

"I feel like it's a kind of genius philosophy," first grade teacher Stacey Malinguaggio said. "There's an energy here. I can see this trickling down into the classroom."

She had suggested forming a school-wide book club and was thrilled when Verderame gave it his blessing.

“He empowered me to take something that I’m passionate about and gave me the opportunity to work it into the school-wide vision,” she said.

Malinguaggio added the leader-leader approach helps teachers feel more invested in the success of the entire school. Music teacher Giselle Ziegler is taking the lead with the mindfulness and meditation areas.

“Last year, our PTO sponsored training for several

teachers to take yoga in the classroom. We're talking about delving more into the mindfulness meditation aspect of it. We're starting with the adults in the building," she said.

"We're starting small, but we're hoping that it really picks up this year," Ziegler added.

Fifth-grade teacher Deb Fidiam is focused on the growth mindset part of the plan. She has high hopes for its success, even while admitting that this is new territory for everyone at Webb.

"We want students to understand that your brain is able to change. You can go farther with effort," she said. "They seem to take to it."

Fidiam delights in seeing those moments when students suddenly realize that they are able to learn more than they previously thought they could. Sometimes all it takes is for them to slow down, compose themselves, and try again.

“This is the balance between technology and all the input and what brings us peace and focus in our lives. I’m curious to see where this will take us,” she said. **WL**

“We want students to understand that your brain is able to change. You can go farther with effort.”

-Deb Fidiam



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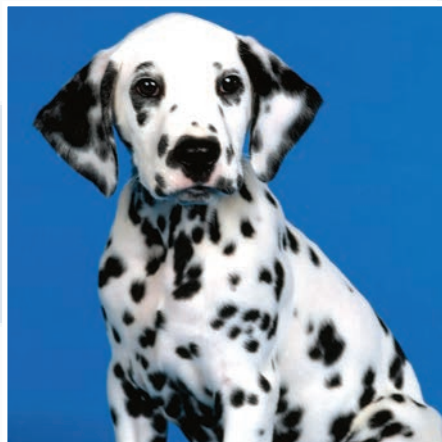
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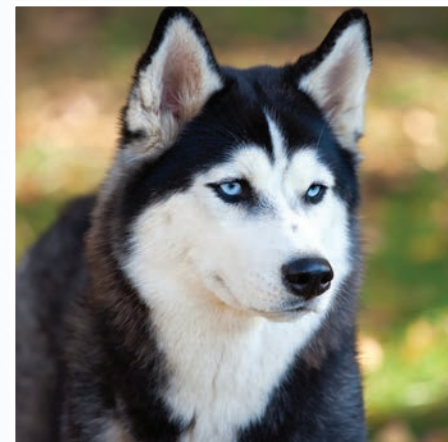
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Guest column

Thyroid cancer deserves greater attention

by **Allie Rivera**

Staff Writer

Nine years ago, my best friend heard the words that no person ever wants to hear. At age 18, she was diagnosed with thyroid cancer.

I remember distinctly how I found out about the diagnosis. Meg and I were really just starting to get to know each other and I was out to dinner with a mutual friend at our usual spot, Denny's in Westbrook, when he told me she had cancer.

Every part of me froze. An 18-year-old being diagnosed with cancer was supposed to be the plot of a tragic movie, not the reality of someone I love.

At the time, I had some knowledge of the thyroid, as I have a condition called hypothyroidism, and I still find it incredible how much of a person's life is affected by this relatively small, butterfly-shaped gland.

Because my thyroid does not produce enough of the T3 and T4 thyroid hormones, I would experience fatigue, abnormal weight gain, mental foggiess, changes in metabolism and moodiness and depression.

As a 20-year-old college student, I knew that I would have to take a synthetic thyroid medication for the rest of my life to combat these symptoms, and, frankly, that was all I needed to know. Pill makes thyroid work. Thyroid makes me work. Carry on with life.

After Meg's diagnosis, I began doing more research into this vital yet oft-neglected part of the body and found out about the wide range of issues that can come from a

thyroid that does not function properly.

Hashimoto's Thyroiditis, or Hashimoto's Disease, is an autoimmune disorder in which the immune system fights against the thyroid, causing a person's body to swing from an overactive thyroid, or hyperthyroidism, to underactive, causing the body to stop producing the necessary thyroid hormones.

Graves' Disease, another autoimmune disorder, typically results in an enlarged thyroid and can cause irritability, muscle weakness, sleeping issues, weight loss and quickened heart rate.

The more I learned, the more concerned I became, but eventually I stumbled upon what seemed like good news. Among the online cancer community – another thing I never knew existed before – there was a running idea that if there was one type of cancer you could choose to get, it would be thyroid cancer.

It was an idea that was at once disturbing and encouraging. In typical cases, Meg's and my research told us, thyroid cancer patients have surgery to remove their thyroid and then must remain on a high-dose synthetic thyroid medication for the rest of their life. Nothing further.

The idea of surgery is and was still daunting, but Meg is the strongest person I know and has the greatest sense of humor. She went into that surgery and, after a few complications, came out on the other side ready to take on the world.

She started college. She played with her animals. She continued to make those around her smile and laugh on a daily basis. Being a cancer

survivor at 18 was an enormous role to take on, but she did it all with a strength and class that I never would have been able to show.

Two years later, when it was discovered that the cancer had returned, this time in her lymph nodes, the news was even more devastating. She texted the news to me, and as I sat in my old Honda Accord outside of a YMCA, I felt a rush of sadness, anger, disbelief and foolishness to think that something like cancer could be just a blip in someone's life.

In the time since that second diagnosis, Meg's cancer has returned three more times. At age 27, she has had five surgeries in her neck, and some of the damage from cutting that area open will never heal.

Amazingly, yet unsurprisingly to anyone who knows her, Meg has continued to be as strong, supportive and funny as she always has been. Regardless of how she is, she will go out of her way to ask me how I'm feeling and take care of those around her.

For many, September is a month to look forward. It's the start of a new season, a new school year, and a chance to shake off the heaviness and heat of the summer months.

But for me, Meg, and countless others affected by thyroid cancer, it is a time to reflect on what the human spirit can endure. There is no such thing as a "good" kind of cancer. It's a cruel myth that devalues the struggle that those who have survived the disease go through.

But there is always hope. To learn more about thyroid cancer visit cancer.org/cancer/thyroidcancer. **WL**

Letters

Morin gets her vote

To the Editor:

I write in full support of re-electing Russ Morin as state representative. In addition to being a seasoned legislator, Russ is also a family man, a neighbor and a friend.

Russ gets issues resolved in a thoughtful and thorough manner. Russ does not get pushed around to doing what he doesn't believe in. He will stand up for what is right for the people of Wethersfield.

If you know Russ Morin, you know that he is honest, loyal and a hard worker. He will fight the fight in getting things done for the people he represents in Wethersfield.

On Nov. 8, let's stand with Russ Morin and vote him in to serve another term as our state representative.

—Patty Tiberio

Country club takes issue with letter

To the Editor:

We would like to clarify some of the misconceptions that were recently published in a letter to the editor by one of our student members, Julia Migliorati.

Although we understand the concern the writer expressed, and are appreciative of her interest in Wethersfield Country Club, her letter stated that women are not allowed to play on Thursdays, which is men's day. This is not correct. Women can play any day when there is member play taking place.

If Julia had discussed this with the Women's Division, she would have learned this. Women serve on many committees that run the club and also serve on the club's board of governors. For instance, the Women's Division has two voting members on the Golf Committee that runs all golf events for the men and the women.

As we celebrate our centen-

nial year, we are proud of our rich history and the progress we have achieved. Our Women's Division consists of more than 50 members and a majority participate every Wednesday during league play, as well as on other days.

The Women's Division welcomes all new members, especially younger ones, and we encourage them to reach out to us in order to get to know us and the division so that any future misconceptions can be avoided.

—Linda Rotondaro and Linda O'Keefe, Women's Division Chairpersons

—Barbara Drouin, Golf Chairperson

Student responds to country club

To the Editor:

In the June Wethersfield LIFE, a letter was published that was a part of a class project at Wethersfield High School in which I was a participant. Mistakenly, I did not note that the class instructor asked for a specific "decline" if I did not want this to appear elsewhere than the teachers' eyes.

My submission of the paper was a class project completion for which I gave some ideas, observations and insights that were not deeply researched nor vetted – I was simply submitting a stream of thought from my golfing experience.

Had I realized that this paper could be on display as a factual depiction, I would have taken significant time to research and check for background and, frankly, I would not have submitted it for publication without having done that work.

Unfortunately, the paper did get published, and there are some factual elements in it that I want to be sure to correct. I have been blessed to play golf at Wethersfield Country Club and my dad and I have enjoyed many hours on the course, one of the

finest in the state of Connecticut.

Wethersfield Country Club has worked diligently over the years to create an equal environment for men and women, insuring that tee times, access and the joy of golf are available to all members. I know there are many talented women who play at Wethersfield and the country club is a source of joy for its membership.

Unfortunately, the paper gave the misimpression that equal access is not insured. This is simply not the case.

I will be playing golf at the University of Hartford as a freshman this fall and I know I arrive on campus better prepared to be a college student and player as a result of my experience at Wethersfield Country Club. For this, I am very grateful.

Thank you for this opportunity to clear up a misunderstanding.

—Julia Migliorati

Morin is his choice

To the Editor:

I'm supporting Deputy Majority Leader Russell Morin for another term as my representative in the 28th house seat because Russ is one of the hardest-working state representatives in Hartford and has earned all of our support.

Russ has served us for the past 10 years and has stepped up to the plate. His time on the finance, commerce and transportation committees has given all of us in the 28th a man with a keen sense of where our tax dollars have been and, more important, where our future priorities are needed.

Working at the State Capitol is an exhausting task. The challenges that have occurred since the recession of 2008 have been many.

Very few of us realize that state aide to towns and cities has remained steady for the past seven difficult budget years,

keeping increases to our local property tax to a minimum. I am grateful for this effort and must compliment Russ as one of our leaders in championing this effort.

As a leader in Hartford, Russ has co-sponsored issues related to vaccine exemptions, the use of e-cigarettes, increase to the minimum wage, a requirement to have top political corporate donors be identified and enhanced paid sick leave for those truly in need. Russ is in play and is always engaging on a wide array of issues.

Let's not forget "Wethersfield we care" when Russ, with many others, sent supplies to Iraq when it mattered. I can tell you my son-in-law, who was deployed several times to Afghanistan, was very grateful for everything sent from the states.

Russell Morin delivers to all of us here in Wethersfield.

—Anthony Homicki

Hurley will do better job

To the Editor:

Election Day is quickly approaching and there is a growing consensus that state taxes and government costs have grown too high, impeding growth and leading to financial instability in our state. The decision Wethersfield voters have is whether to stay the course with Russ Morin or to chart a new path forward toward fiscal responsibility and financial growth with a vote for Mike Hurley.

It is imperative that we hold Russ Morin accountable for his record as state representative, which is a stagnant economy, job losses and an exodus of young college graduates out of the state.

Morin has spent the past 10 years in the General Assembly while also employed as a union representative for state employees, and his response to the challenges facing the state has been to continually vote for tax

Letters continued on page 54

Letters continued from page 53

increases while avoiding any attempt to fix the underlying problems that have led to ever-increasing and crippling budget deficits.

I encourage my fellow residents not to reward Morin's inadequate performance with two more years in the General Assembly. While Morin may be a nice person, he has proven himself either incompetent or incapable of handling taxpayers' money, or perhaps he has been persuaded too often to support his employer over his constituents.

Regardless of the reasons behind his failures, we can no longer afford to have him as our state representative.

In sharp contrast to Morin, Mike Hurley has a strong financial background as a CPA, and has the knowledge, ability and experience necessary to guide the state out of the financial crisis created by Morin and the other career politicians in the General Assembly.

Mike Hurley has proven himself a dedicated and effective leader as a member of the Town Council and will be a state representative Wethersfield can be proud of.

—*Mary Pelletier*

Morin is his man

To the Editor:

I am excited to support Russ Morin for re-election as state representative to the 28th Assembly District in Wethersfield. For more than 20 years, Russ has served Wethersfield with distinction.

He was a member of the school board, Town Council, and was mayor for four years. He has been our state representative since being elected in 2006.

Russ has fought to improve the lives of Wethersfield residents over his distinguished career. He recently helped deliver more than \$10 million for Wethersfield High and secured funding for Cottone Field, the Church Street and Main Street intersection, and local economic development.

He also helped pass legislation to address the opioid epidem-

ic and to stop the flow of sewage into the cove.

I have gotten to know Russ over the last few years and have been very impressed by his willingness to fight for what he believes in and always keep Wethersfield's interests first. I have found him to be a very caring person who truly wants to help people.

—*Ken Lesser*

Will vote for Mike Hurley

To the Editor:

Mike Hurley is the fiscally responsible, common sense, forward-thinking candidate we need right now. I have had the opportunity to work with Mike Hurley for many years now in various accounting and finance departments.

I have also had the pleasure volunteering with him as part of the Wethersfield soccer club, Wethersfield St. Patrick's Day parade committee, Webb School Haunted Hay Fest and so many other times he just raised his hand to help out.

A few weeks ago, Mike introduced a friend of ours and new homeowner to our beautiful town of Wethersfield. I was fortunate enough to tag along and was absolutely amazed at Mike's historical knowledge and the incredible amount of pride he spoke with about our town.

Mike is currently a volunteer on the Town Council. He is one of the council members who drives the unpopular conversations in an effort make sure our town stays on track.

Anyone can continue to throw money at a problem and hope for a return. Not Mike. His approach to any issue is to actively listen, ask the tough questions, gain an understanding and then offer real solutions.

The Band-Aid approach to the Connecticut budget must come to an end. We need straight-forward, honest solutions to our deficits.

Our incumbent state leaders have driven us to a point where simple, but large, tax hikes are no

longer a solution. We are beyond the point of simplicity. Let's start measuring the achievement of our state representatives, not on how much money they can secure, but how efficiently they have managed our tax dollars.

The state budget isn't in line as some may infer. Mike Hurley has the solid business sense required right now to get us moving in the right direction. It is time to tighten our belts and elect strong leadership, Mike Hurley, as a cornerstone in our government for at least the next two years.

—*Scott Marshall*

Morin deserves another term

To the Editor:

As Election Day approaches, I enthusiastically support and will proudly vote for Russ Morin as he seeks reelection as our state representative for the 28th District. As our state representative and as our former mayor, Morin brings extensive experience and knowledge regarding how our state and town government work.

This experience and knowledge will enable him to continue to work towards improving the quality of life for all Wethersfield residents from the start of the next legislative session. Morin will need no training period regarding the manner in which the legislature actually works.

Morin's work ethic and commitment to all Wethersfield families is evident from his actions as a legislator. He was instrumental in securing state monies to help cover the costs related to the current Wethersfield High School renovations.

These state funds will help improve the quality of education for our children and will better prepare them for the high-paying jobs of the future and encourage them to remain in town and contribute as adults to our community.

When the increase in the state minimum wage was being discussed and later voted on by the legislature a few years ago,

Morin supported the increase. He understood that the gradual increase in the minimum wage would help working families in Wethersfield and statewide, many of whom represent single-parent head of households, to provide the basic necessities for their families.

Over the years, while working on various state budgets, Morin has strived to be fiscally responsible with the public's money while also funding programs that assist the most vulnerable families and individuals in our community and state. This year's state budget was different, as it contained significant funding cuts to programs that served families struggling to take care of disabled members.

It is reasonable to assume that such funding cuts will adversely impact the quality of life of these vulnerable and underserved families who rely on state programs for help. This negative impact on the quality of life of these families was one of the reasons Morin voted against the state budget this year.

His willingness to make such a difficult budgetary decision, by considering how legislative actions directly affect the lives of families in our town and state is admirable, and represents what it means to be a public servant.

—*Maria Alfonso*

Morin gets the nod

To the Editor:

I endorse Russ Morin for the state General Assembly to represent the people of the town of Wethersfield. As a lifelong Wethersfield resident, I have seen Russ' commitment to the people of Wethersfield and his efforts on behalf of all of the citizens of Connecticut on a daily basis.

When the Wethersfield High School renovation needed financial support from the state, it took a veteran like Russ to lead the way. I know that he will continue to lead the people of Wethersfield when he is re-elected to the General Assembly in November.

—*Anthony Spinella*



BY MARK DIXON
WFSB METEOROLOGIST [AMS]



5 years ago, this month!

Do you remember where you were the last weekend of October, 2011? I was actually on the Cape for Halloween experiencing a cold and windy rain, unlike everyone else back in Connecticut. It was not until the drive back that I realized the magnitude of what transpired.

2011 was quite the year for extreme weather here in Southern New England. In June, there was the long track tornado (EF3) that traveled just north of our border in Massachusetts. Then, roughly 2 months after Irene hit the region, it was October 29th and 30th that "Snowtober" or "Storm Alfred" wreaked havoc on the Nutmeg State (keep in mind naming

snowstorms is a WFSB tradition that dates back to 1971 and the days of the Travelers Weather Service). It was heavy, wet snow in tandem with fully leafed trees that led to widespread damage and the state's worst power outage with approximately 880,000 customers being impacted (surpassing Irene's ~800,000 outages). Halloween festivities for many had to be postponed or cancelled.

For comparison -- Sandy, exactly one year later to the day, only led to ~650,000 outages.

The totals from Alfred across Connecticut ranged from just a couple of inches, to two feet! Officially at Bradley International, 12.3" was received, setting a daily snow record and the all-time record for biggest snowstorm in the month of October. **WL**

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LIVING Spaces

Fall in love with Decorating

How to give your home
an autumnal feeling

by Sloan Brewster
Staff Writer

As the hot days of summer pass behind, add a little warmth to the home. Carolyn Leining-Lombardi of CT Interior Solutions, in Newington, just started changing some of her decor for fall, she said in a phone call Sept. 13. The tricks she used are ones that anyone can duplicate.

"The coloring all changed," she said. "It's going from very, very light lemony, that cooler feeling for the summer, to warmer tones."

For instance, in place of lemons

in a glass vase on the sideboard in her dining room, she put apples and pears.

Across from the vase of apples and pears, she had another vase that she filled with dark red hydrangeas. Next to that, she placed a white candle designed with apples embedded in the wax in a Tuscan pillar candle holder, which she changed from a holder with a summer design and a cool colored candle.

"It kind of pulls it all together," she said of the candle and holder.

On her dining room table, she



A decorative tray of seasonal elements can dress up a dining room table.

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put a decorative tray with light green artichokes, apples and pears, then for fun, in the very center of the tray, she added an old fashioned bicycle made of iron with a bright red seat to pull it all together, she said.

"Now the coloring of that entire kitchen area has changed," Leining-Lombardi said.

Next, she made some changes to the living room,

On her coffee table, she keeps an arrangement of artificial flowers in a blue and white vase. Over the summer the flowers were "white, light and flowy," she said.

For fall, she kept the white ones and added pieces of greenery with purple beads and red roselike flowers.

She is also planning to change her throw pillows to include some warmer fall shades.



Putting leaves in a lantern with a candle, swapping out decorative plates for ones sporting fall colors and designs and changing pot holders all bring in warmer autumn shades.



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"It's tiny little things that are so small," she said of how to make season to season alterations.

Simple ideas to add a nice autumn look that Leining-Lombardi suggested others try included putting leaves in a lantern with a candle, swapping out decorative plates for ones sporting fall colors and designs and changing pot holders to sets in warmer autumn shades.

"It doesn't mean that you have to go out and buy all new pieces of furniture," she said.

"Smaller pieces can be reinvented to reflect the season.

In her home, she has a place holder hanging on the wall, into which she

slides a decorative plate, one that she changes with the time of year.

"That's so easy to change, that could be changed in a blink," Leining-Lombardi said. "And they could be changed at Christmas to Christmas plates that you like."

In summer, Leining-Lombardi removes pads from her chairs but in the winter, she puts them back on.

"Just the idea of material, as opposed to wood itself, will warm it up as well," she said.

In her bedroom, she was planning to retain the white core and change the pillows to shades of gold and blue.

"Blue, white and gold looks very striking together," she said. "Right

Outside the home, wreaths and the usual mums and pumpkins will do the trick.



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now it looks very summery, which is what I wanted.”

As she did in other rooms, she was also going to swap out candles and candle holders for darker shades. She also planned to change the lamp in the bedroom.

“It’s very little, but it just changes the look,” she said.

As the temperatures drop, Leining-Lombardi said she may also add a fur throw and pillow.

“It’s fur, it’s warm, but that’ll be more in late October when it’s starting to get chilly

A few shifts outdoors add to the overall look, Leining-Lombardi added. She recommended the usual mums and adding lanterns with tea lights.

“They go on at the end of the day so that creates warmth as well,” she said.

An ornamental plant to incorporate in the fall is a flowering cabbage.

“It looks like a head cabbage,” she said. “Pretty greenery adds a nice touch and can even be brought into a home and put in a pot.”

Of course, at this time of year,

there are pumpkins galore and they’re not all orange.

“There are all kinds of pumpkins out there that you can buy,” she said. “I’m not particularly fond of orange in my home, but white, the ones that look like vines.”

She even had ideas for those whose homes are decorated in colors that generally clash with fall tones. For example, in a home with a lot of pink, add some gray to bring in fall.

“Pink and gray can be worked well together,” she said, “different shades of gray that would warm it up.”

Gail Bantle, design consultant from RLF Home in Hartford, recommends adding decorative pillows in fall colors and changing window treatments and bedding.

In summer use brighter colors.

“In autumn, in winter, you want the darker, warmer tones because you want it to be cozy,” Bantle said.

Table linens, runners and placemats in the right shades will also bring that warm feeling needed for fall, she said.

Some homeowners change the



rugs in front of the sink or change knick-knacks throughout the house based on the time of year or holiday.

Bantle also adds flowers with oranges, browns and rust colors and got rid of the geraniums she had in

vases during the summer.

“Go to a craft store and pick up some really fun things and place them throughout,” she said. “Easy, inexpensive ways to add a fall feeling.” **WL**

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TOP USES FOR PUMPKINS THIS SEASON

by Kaitlin McCallum
Assistant Editor

October in Connecticut means lovely crisp air, sweaters, apples and beautiful orange pumpkins on every doorstep. And while carving a traditional jagged-tooth grin and popping a candle inside is an acceptable Halloween option, there's so much more potential locked in the ubiquitous pumpkin. Here are eight of your best options.

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Decorate

Pumpkins are beautiful and, paired with mums, make an obvious fall decoration.

Lisa Gilbert of the Gilbert Farm in Rocky Hill says most people just place them on their doorstep as a welcoming celebration of fall.

Beyond that, they can also be paired with hay bales and corn-stalks, Gilbert said.

"Sometimes I've seen people use gourds and a mixture of pumpkins and they layer them to get a piled effect for a fall display," she said.

Gilbert said many customers line the front steps of their homes with different sizes and colors of pumpkins, taking advantage of the many varieties now offered.

"Something new that's been all

the rage in Pennsylvania and New England is a stackable pumpkin. You take three different sizes or colored pumpkins and stack them on top of each other. You use a flatter pumpkin for the bottom and the top one is a rounder one," Gilbert said. "That's something new that's been trending the past few years or so, but has not yet caught on around here."

And for those houses that have crown molding around the door, tiny sugar pumpkins make a cute decoration, Gilbert said.

Use as a serving vessel

Decorating with pumpkins can extend to your dinner table. Kathi Martin, owner of Brown's Harvest in Windsor, recommends using them as a serving vessel.

"We will hollow out a bigger pumpkin and use it as a vessel to

serve chili or pumpkin soup or set in a liner and do apple cider," Martin said. "There's no harm in not putting in a liner, but any kind of jar or container that would fit inside would be fine."

You could also use smaller pumpkins as individual serving bowls for a dinner party.

Make a face mask

Once you've hollowed out your pumpkins, you can add their insides to your beauty routine.

"On the beauty end of it, you can do a pumpkin peel mask," Martin said. "They're loaded with enzymes and Vitamins A, C and E." After mixing the pureed contents of one small pumpkin with a few teaspoons of honey and a few teaspoons of milk, apply gently, let sit 20 minutes, wash



off and follow with a moisturizer.

Roast the seeds

"It's a very healthy fruit for you," Martin said. "You can use the seeds. Toast them or roast them and between the seeds and the flesh,

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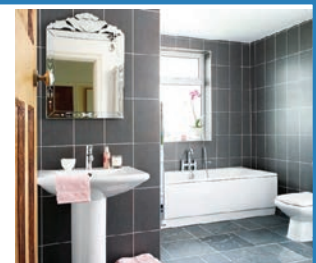
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you're getting lots of different vitamins." To roast the seeds, toss with some oil of your choice, sprinkle with sea salt and roast in the oven in a single layer for 45 minutes at 300 degrees.

Bake the fruit

Casseroles, pies, breads and soups are all delicious made with fresh pumpkin, but at Brown's Harvest, Mrs. Brown's pumpkin praline pie is the family's favorite recipe.

"My mom has a recipe for the best pie ever," Martin said. "If you are willing to do a few steps, it is the best. She'll make it a few times and we'll save her a few sugar pumpkins for her to make it at Christmastime."

Find the recipe at www.brown-sharvest.com under the recipe's tab.

Carve them

Carving jack-o-lanterns is a popular tradition, with many people opting for electric or battery-operated candles to reduce fire hazard. To keep them looking nice, Martin recommends waiting to carve pumpkins until a day or two before Halloween.

"Some people use vegetable oil or some kind of protectant to preserve it or soak it overnight in water if it starts to shrivel," Martin said.

"You could also put in a tiny bit of bleach to keep the bugs away."

Use as a planter to put flowers in

Gilbert said recently she has seen people hollowing out pumpkins to use as planters, too. Seasonal flowers, like mums, which are available at most local farms now, are a good choice to plant in pumpkins for a fall look. To plant, simply cut a large hole at the top, hollow out the insides and poke a few drainage holes in the bottom. Flowers can be planted directly into the pumpkin, filled, two-thirds full with dirt, or just slide a pot into the pumpkin. The pumpkin itself can eventually be planted

into the ground, if desired.

Feed the wildlife

When you're absolutely through with your pumpkins, carved or not, you can pass them on as a snack for wildlife. At Gilbert Farm, extra pumpkins are fed to the livestock, but backyard animals are just as happy to eat them.

"Deer love pumpkins. If there are any pumpkins left out in the field, the wildlife will definitely go in and eat them. It's a good source of protein, so if people get done decorating with them they can put them out in their

yards. They could dispose of them in their compost pile and between what the wildlife does and Mother Nature does, they will definitely break down," Gilbert said.

"It's such a beautiful fruit that comes in so many different colors and sizes and people love decorating with them," Martin said. "It's just prolonging the colors of the season into fall. In terms of eating pumpkins, there are so many uses beside seeds and pureeing it for soup, pumpkin butter, pumpkin bread. The uses are endless, really." **WL**





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